

#1 Power-Boosting Foods for Men <sup>P118</sup>

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<sup>P69</sup>

Vin Diesel wears a Gap T-shirt

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[newbalance.com/freshfoam](http://newbalance.com/freshfoam)

# JUST



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BY KARL TARO GREENFELD

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It's homemade  
pizza that won't  
make you fat.



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PHOTOGRAPH: ERIC RAY  
DAVIDSON  
STYLING: JEANNE YANG  
/THE WALL GROUP  
MAKEUP: ROXY D'ALONZO  
T-SHIRT: LEVI'S  
JEANS: G-STAR



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"If you're a greyhound, show off those legs. Curvy bulldog? Work those lumps."

BuffaloJeans.com

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ADRIAN GRENIER in the FLEECE JEAN

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# This month on MensFitness.com

## 10 WORKOUTS THAT BURN FAT—WITHOUT CARDIO

Blast the blubber without going near a treadmill.

► [mensfitness.com/cardiofree](http://mensfitness.com/cardiofree)

## EASY DIET TWEAKS TO BRING OUT YOUR ABS

Don't ruin all that gym work at the dinner table. Here's how to eat smart.

► [mensfitness.com/hardbodydiet](http://mensfitness.com/hardbodydiet)

## MLB PREVIEW: THE 25 FITTEST PLAYERS

Who's best prepared for the 162-game season? Find out.

► [mensfitness.com/mlb2015](http://mensfitness.com/mlb2015)

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## BEHIND THE SCENES

■ *Furious 7*'s Vin Diesel reveals what it's like to land the cover of *Men's Fitness* for a third time.

## DIESEL ARMS

■ Add a half inch to your guns with this workout video.

## A SIX-PACK IN SIX WEEKS

■ Get ripped abs in time for spring.

## HEROES FOR HIRE

■ An inside look at a training course specifically designed to teach returning veterans how to get a great civilian career as a personal trainer. Soldier on!

Tank:  
CALVIN KLEIN  
Pants: ASICS  
Shoes: NIKE  
Want it?  
See page 140.

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# Adventure calendar

ALL THE THINGS TO DO THIS MONTH IN THE GREAT OUTDOORS

APRIL 1

## New River Rafting Season Begins

THORMUND, WV

■ Snowmelt and seasonal rains swell the New River to a pulse-pounding deluge in April, when commercial rafting companies begin guiding clients through the 20-plus Class II-IV+ rapids of the "Grand Canyon of the East." For a truly wild ride (maybe swim is more apt), opt for a four-person extreme raft.

wvaraft.com

APRIL 16-19

## Subaru Sea Otter Classic

MONTEREY, CA

■ The world's largest "celebration of cycling" attracts 10,000 amateur and pro athletes (and more than 65,000 fans) to Laguna Seca to compete in nearly every cycling discipline, including road criterium, cyclocross, mountain XC, and even high-flying jump contests. Entry fee is typically less than \$100 per event.

seaotterclassic.com

APRIL 18

## Spartan Tri-State New Jersey Beast

MOUNTAIN CREEK RESORT, NJ

■ The most difficult of the Spartan Races, featuring more than 25 obstacles (including atlas stone carries) over a grueling half-marathon distance, comes to the New York City area. While basically climbing a mountain, test your spear-throwing skills against Wall Street's weekend warriors.

spartan.com

APRIL 20

## Boston Marathon

BOSTON, MA

■ Competing against those who are better than you improves your performance, so Boston, with its strict qualifying standards, is your best chance for a marathon PR. As a bonus, the fastest marathon in America is a net downhill race, losing 450-plus feet from its start in Hopkinton to the Boylston Street finish. The most iconic marathon in America is back.

baa.org

APRIL 25-26

## Climb a Mini Everest

MOUNT HOOD, OR

■ A year after an avalanche killed 16 sherpas, ending the 2014 Everest season, intrepid teams are again poised for bids on the world's highest peak. Get a taste for mountaineering's extremes—crevasses to falling rocks and wild weather—on beginner-friendly Mount Hood, Oregon's highest summit.

timberlinemtguides.com

**Let freedom ring.**  
Get free entry to all national parks the weekend of April 18-19.

APRIL 18-19

## National parks entry is free!

■ To kick off National Park Week (April 18-26), the 133 national parks that have entry fees are waiving them for the weekend. Check out the riotous wildflower blooms in the Great Smoky Mountains, or hike below the rim of the Grand Canyon while temps are cool and crowds thin. [nationalparks.org](http://nationalparks.org)



Hans Gissinger/Trunk Archive

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VIEW FROM THE TOP

# Time for the gym

I've been left for dead plenty of times. Anybody who's taken his share of risks in this world has had his metaphorical obituary published prematurely. ¶ And I've dealt with pressure—as an entrepreneur, I've been pushed up against a wall more often than that girl from *Fifty Shades*. So I know how rattling it can be when times get stressful. You know the symptoms: a loss of confidence. Inner doubt. Maybe your relationship is tanking, your career's in a rut, or you're just not at the peak of your mental powers. Your instinct, when the pressure's wrapped around your head like a tourniquet, is to bear down and keep trying to work through it. But you know what I want you to do?

Hit the gym.

I'm serious. Often the best way to break out of a trap is to stop flailing and refocus for a moment on something completely different. Heart aching? Mind spinning? Stomach churning? Just let go of the cerebral and focus on the physical. Build for yourself the feeling of accomplishment, and true success will come naturally.

**Work it out!**  
All the gear, advice, and instruction you need to feel strong is on these pages.



Tracker: FITBIT CHARGE HR WRISTBAND  
Want it?  
See page 140.

Just ask Vin Diesel, our cover guy this month. Growing up, he went through the same kind of uncertainties and personal frustrations we all wrestle with at times. But, as he told Karl Taro Greenfeld in this month's cover story (page 74), "Once I started really training, I got this sense of confidence. I was struggling...But once I had the body—if you were built and walking down the street, it was just cool." That principle has led him to smash box office records with mega films like this month's *Furious 7*. As Greenfeld writes of Diesel's character Dom, he's the "anti-George Clooney, buff in a T-shirt and jeans, but every bit as suave." Diesel now projects confidence wherever he goes—thanks in large part to his time, and hard work, in the gym.

We want that for you, too. So we've built a manual to guide you there. In Body Book this month, you'll find what might be our finest workout to date: *A Six-Pack in Six Weeks* (page 126). It really can be done—and we're providing you with the tools to do it. You'll also find everything you need to know about running this spring—technique, gear, upkeep—so you can hit the pavement longer, harder, and faster.

And finally, we've got all the food you need to fuel a hardworking body before and after a tough workout, from the perfect prerun meal (page 38) to the leanest, most decadent pizzas (page 88).

Now take all that anxiety and doubt to the gym and work it off. Sometimes picking up something heavy is the best way to unburden yourself.

Enjoy the issue.

DAVID J. PECKER  
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**"DON'T BE AFRAID TO STOP AND RESET YOURSELF WHEN RUNNING. CONTINUING ON IN A POOR POSITION ONLY REINFORCES BAD FORM."**

**BRIAN MACKENZIE**

Founder, CrossFit Endurance and Unscared, Inc.  
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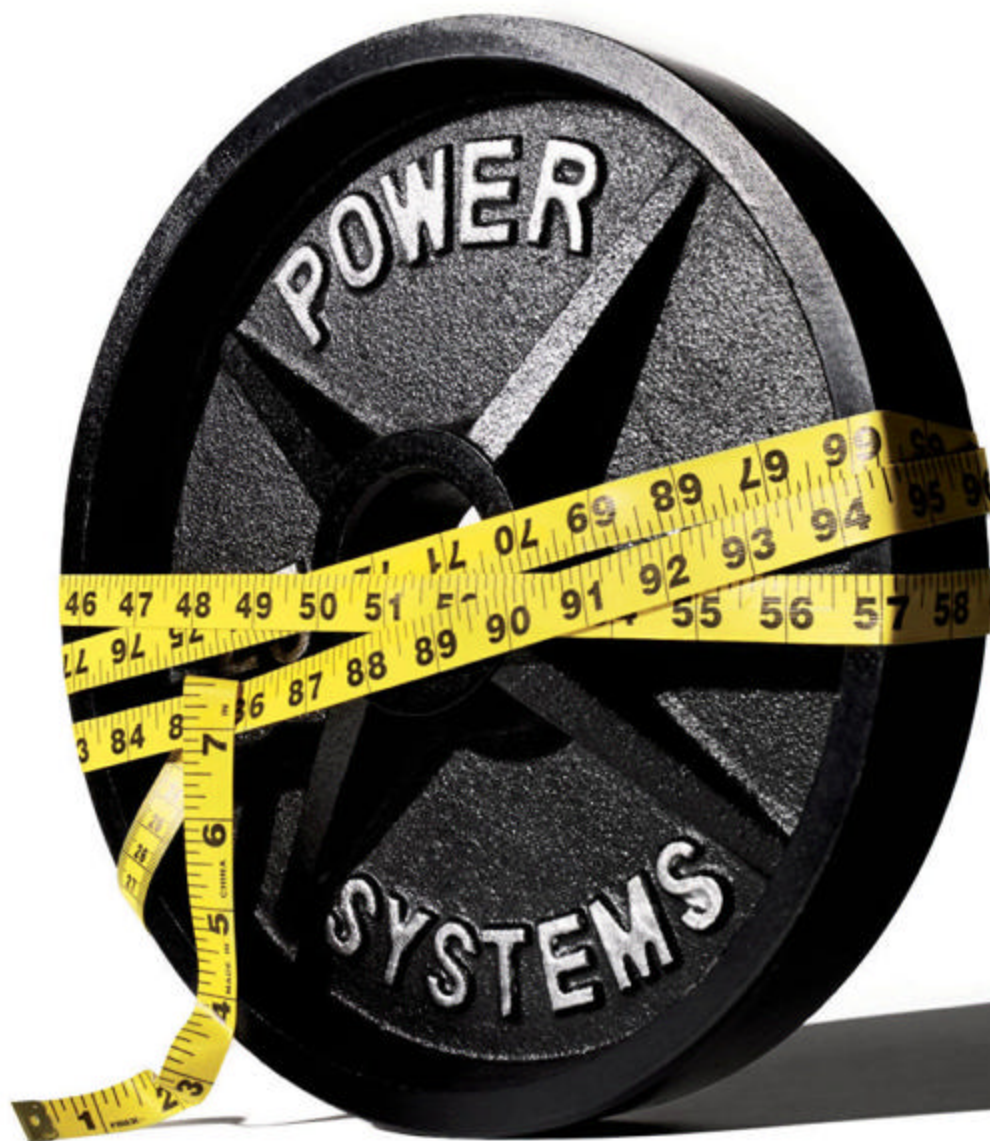
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# Breakthroughs



## LIFT YOUR GUT OFF!

The most effective way to blast those extra inches off your middle? Hit the weights, says a new study in the journal *Obesity*. ¶ For 12 years, researchers tracked the waist circumference of 10,500 men who either lifted regularly or did mostly cardio. Result: The cardio group gained nearly twice as much belly flab as the iron pumpers. ¶ "People who weight train have a higher metabolic rate, and that increases their energy expenditure not just during the workout but for 48 hours after," says study head Rania Mekary, Ph.D. ¶ Don't toss your running shoes just yet, though. "We're not trying to discredit aerobic activity," says Mekary. "In fact, we found that a combination is ideal—you'll get the best results doing both." Plus, if you're looking to shed more pounds overall, the research found aerobic activity decreased total body weight more than lifting. ¶ But, bottom line, lift heavy things and say hasta la vista to those love handles. —KIT FOX



## Save your heart with yoga

Don't worry, you don't have to get those stretchy little pants—but you may want to. A Dutch/U.S. review of 37 studies on almost 3,000 downward-dog-doers found that yoga boosts heart health and prevents cardiovascular disease as well as any other exercise, including jogging and weight training. ¶ “With yoga, the effects of stress can be reduced, leading to positive impacts,” the study reports. ¶ So, go ahead, get the pants. Just do those Happy Baby poses on your own time. SOURCE:

EUROPEAN JOURNAL OF PREVENTIVE CARDIOLOGY

## 5 Sets beats 3 in the gym

For six months, Brazilian Navy cadets took a break from regular boot camp workouts to conduct a weight-training experiment, doing either one, three, or five sets per exercise, and tracking strength gains.

Result: The five-setters earned significantly more muscle mass than the other two groups, and upped their five-rep max more as well, the *Journal of Strength and Conditioning Research* reports.

The findings back the “five sets/five reps” model that trainer Don Saladino, co-owner of NYC’s Drive495 gym, uses for big lifts like the bench press and squat. But for unilateral movements like side lunges and one-legged squats, do just two to three sets, to promote athleticism, he says: “You aren’t doing it to build muscle mass.”

Pro styling by Angela Campos/Stockland Marrel; Yoga: Marius Bugge; Styling by Shandi Alexander; Grooming by Bethany Townes/ABTP.com



# Posse run!

Kill yourself on the belt in a treadmill class—and have a blast doing it

In downtown Manhattan, the Mile High Run Club is making headlines with the most surprising new trend in group fitness: treadmill classes—gang sweat sessions where row after row of runners sprint, jog, and climb under neon lights with party music blasting. We sent our intrepid Breakthroughs reporter to give it a try. Here's how it went.

I used to think treadmills were good for two things: getting in a run during a blizzard, and watching clips of people falling off them. My favorite YouTube videos are treadmill fails. First, you get the fall-funny enough on its own, but then the two-for-one schadenfreude special kicks the poor sap off and into a piece of dry wall. I crack up every time.

That was then. Now, I truly understand what

karma is, and thank God that the Mile High Run Club in lower Manhattan doesn't have video cameras. What they do have are dozens of black treadmills, lined up in a studio dedicated solely to reenergizing workouts on this most monotonous of all machines.

I climb on, skeptical that this glorified conveyor belt can actually be fun. Twenty-six minutes into the half-hour interval workout,

my treadmill is at a 70% incline, rotating faster than my scrawny legs can handle—and I'm a marathoner. The surround-sound techno remix climaxes; the lights pulse wildly.

As sweat drips onto the display, I think, “This is it, the part where some cruel deity gives a little cosmic payoff for the time I chain-e-mailed *Treadmill Fails: The Ultimate Compilation*.”

But amazingly, I don't

fall. Instead, the workout ends and I collapse against the front handles; trainer/pro triathlete Zack Schares applauds the eight of us in the class as we slow to a steady patter. My legs are shot as I dismount.

That's when I realize that the treadmill might be good for a third thing: kicking your body so hard you nearly become a viral sensation. I kind of like that risk. —KIT FOX



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 fitbit.

## Curried rats helping cure PTSD?

■ Could an ingredient in curry erase scary memories?

Scientists at the City U. of New York gave rats electric jolts, and played a sound at the same time, so they'd link the two; after a while, they played the sound without the shocks, and the rats still froze, frightened, in their little rat tracks.

The team then switched up the rats' food, feeding one group curcumin, a compound in the Indian spice turmeric, an ingredient in curry. When the sound was later played again, the rats eating regular food still froze with fear, but those eating curcumin didn't—a sign that their memory of the earlier experiment had vanished.

Speculation is that curcumin may stop the brain from storing fear-related memories and could be used to treat conditions like post-traumatic stress disorder.

While the rats consumed mega doses of curcumin, humans would likely need less. "Many curcumin formulations on the market today, like 95% C3 Complex with Bioperine, longvida, or theracurmin, have been modified to increase absorption" and could work at much lower doses, says study head Glenn E. Schafe, Ph.D.

We're bringing some on our next OKCupid date.



**BRAVOCADO!  
BEAT BAD  
CHOLESTEROL  
BY EATING AN  
AVOCADO  
EVERY DAY.**

## An avocado a day keeps the LDL away

■ In a recent Penn State study, 45 overweight subjects were given three cholesterol-lowering diets with the same number of calories: one diet that was low in fat, and two that were moderately high in fat and included either avocado or nuts and oils. After five weeks, the avocado diet was most effective in lowering "bad" cholesterol, or LDL.

¶ The study suggests that it's the compounds in avocado—not just its healthy fat content—that make it so successful

in lowering LDL. "Avocados house more phytochemicals [one-half an avocado has 57mg], a plant compound linked with cholesterol reduction, than any other fruit," it states. ¶ Still, this isn't a free pass to load up on chips and guac: Study subjects ate two healthy meals a day, like chicken salad and turkey tacos, each with half an avocado; we also suggest this breakfast combo, a slightly scooped-out avocado half with an egg cracked in it, which is then baked at 425° for 15-20 minutes.



**It's alive!** The "Kalette," a new Brussels sprout-kale creation.

## KALETTES: "FRANKEN-SPROUTS" THAT ARE SCARY HEALTHY

■ Brussels sprouts can be something of an acquired taste; and who hasn't left kale in the fridge so long it could do double-duty as garden mulch?

So it's big news in the vegetable world that a brand-new Brussels sprouts-kale crossbreed has been created, and it's

milder and sweeter-tasting than you'd guess from its parentage—yet every bit as full of vitamins, minerals, and other nutrients.

"Kalettes," as Ocean Mist Farms has dubbed the newfangled cabbage-family food (somewhat unimaginatively, we think—

we'd have chosen something more memorable, like, say... "Ka-sprizzles") have 45 calories per 1½ cups and deliver 4% of daily vitamin C and 120% of vitamin K.

Use them in stir-frys and salads, or steam, sauté, roast, or even grill them up as a side.

Food styling By Roscoe Betsill; Kalette: Brian Klutch



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MASTER  
THE ART OF  
DRESSING  
WELL.

## Barking news: Menswear Dog sits for exclusive interview

Meet Bodhi—aka “Menswear Dog,” the online sensation who’s pawed his way to the top of the modeling world, appearing in fashion editorial worldwide, as well as ads for high-end firms like Coach and Ferragamo. ¶ This month, the natty hound (a Shiba Inu by breed) is out with a new style guide, *Menswear Dog Presents the New Classics: Fresh Looks for the Modern Man*, written with the aid of his live-in help, designers David Fung and Yena Kim. Organized by seasons, the book presents Bodhi dressed to the canines in the classic garments every guy needs and includes scores of helpful (not to mention hilarious) photos and honest-to-God-useful styling tips. ¶ In a magazine first, we were given interview access to M’Dog himself—and even we were surprised by some of the quotes he fetched us.

**Men’s Fitness:** How hard was it to learn to tie a tie?

**Menswear Dog:** Menswear Dog doesn’t tie his own ties; I have people who do that for me.

**You’re the top canine mannequin in the world. Has it helped your dating game?**

I certainly get sniffed up a lot more these days. Let’s just say I’m having fun with my fame at the moment.

**What unique challenges come with being a model dog in a man’s world?**

Finding a good tailor. And blowing through lint rollers is a real bummer.

**Any advice for other dogs trying to get into the fashion game?**

Don’t try to be anything you’re not. If you’re a greyhound, show off those legs. Curvy bull-dog? Work those lumps.

**Ever think you might go out on your own, without your handlers?**

I want to go solo all the time, but my people are really needy.

**What’s the secret to being the best-dressed dog in the world?**

I have a great styling team who keep me looking my best. If it were up to me, I’d show up naked everywhere.

**Most embarrassing thing to happen on the job?**

I got caught in the rain before a shoot once and smelled like a wet dog all day.

**You’re a model—ever think of acting?**

No, but I’d really like to direct.

**What are you wearing right now?**

It’s my day off, so silk pajamas and house slippers, obviously.

### WEAR BUFFALO, SAVE TREES

■ Upgrade your shades—and help save the world’s forests—by switching to these very cool-looking Woodzee sunglasses (\$125, [woodzee.com](http://woodzee.com)), crafted with environmentally friendly water buffalo horn (front) and zebra-wood (arms).

“We went with buffalo-horn trimmings because petroleum

materials—which aren’t biodegradable—would defeat the company’s mission of using recycled materials,” says Woodzee’s Lara Unger. “Water buffalo aren’t harmed in the process since the materials are sourced from pre-trimmed horn materials—the horn grows like a fingernail and must be trimmed for all buffalo that work as service animals.”

For every pair bought, Woodzee

plants a tree somewhere in the world; and if you let the company recycle or donate your old pair, you’ll get 40% off a new pair.

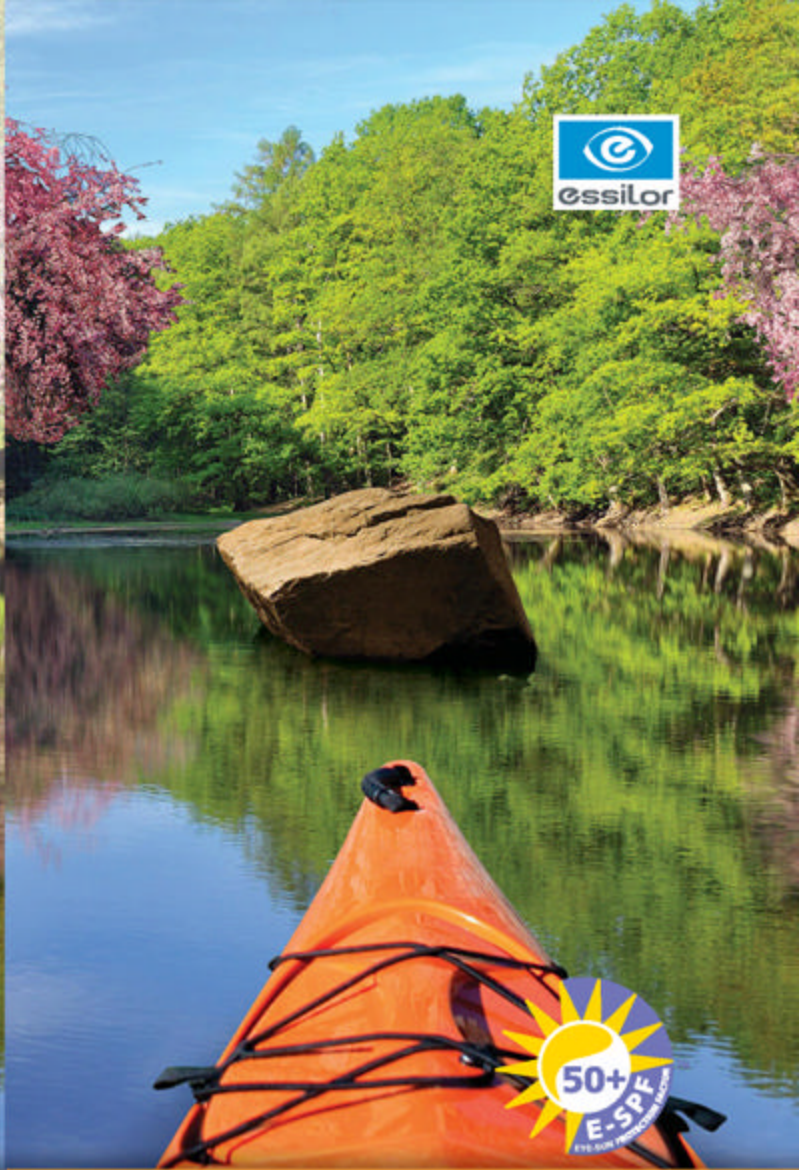
—ANDREW C. STONE

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See page  
140.





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## GET YOUR **EDGE**

# MASTERING THE INTERVIEW

First impressions count! When you are preparing for your big interview to continue to climb the corporate ladder, it's important to always look your best. Getting an edge on the competition with these great interview tips will certainly assure you are prepared.

# 1

### DO SOME PRE-WORK

As in sports, the job interview is won or lost long before game day. There is no doubt that your resumé is already typo-free, but to truly set yourself apart from other candidates you should print out copies of previous work that illustrates the bullet points on the resumé.

# 2

### PRACTICE INTERVIEWING

You can bet that the first question you'll need to answer is, "So, tell me about yourself." To truly master this question, play it over in your head beforehand, then practice responding out loud until the response is instinctual.

# 3

### DRESS FOR SUCCESS

Making a first impression is paramount when interviewing for your dream job, and your appearance will be the very first statement that you will make about yourself. It's important to make sure that your suit really fits you, so throw out that old suit that you wore to High School graduation, and shave away your five o'clock shadow the morning of the interview for a fresh, clean look.

# 4

### BE UPBEAT, SMILE, AND TRY TO RELAX

At the end of the day, the person interviewing you is going to want to hire the candidate that they would rather spend time with. A nervous employee is not someone that anyone would want to be around for 8+ hours per day, 5 days a week. Be yourself, make sure to smile and last but most certainly not least – try to relax!



Competition is tough these days, so you need to find any advantage that you can get! Head over to [EdgeShave.com](http://EdgeShave.com) for more formulas to help you put your best face forward. EDGE® shave gel creates a protective layer of lubricating molecules to help your razor give you a close shave with less irritation. What are you waiting for? **GET YOUR EDGE.™**





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### REGISTER TODAY! MEN'S FITNESS CITY CHALLENGE OBSTACLE RACE

On May 16, **Conquer The Challenge** in Jersey City, NJ, as Exchange Place will be transformed into an urban obstacle course. Challengers will get a chance to jump over police cars and taxi cabs, climb ropes, walls, cargo nets, and more. The course is parallel to The Freedom Tower, Empire State Building, and the New York City Skyline. Run with friends, family, and co-workers. Registration open now!

[CitychallengeRace.com](http://CitychallengeRace.com)

## GET IT

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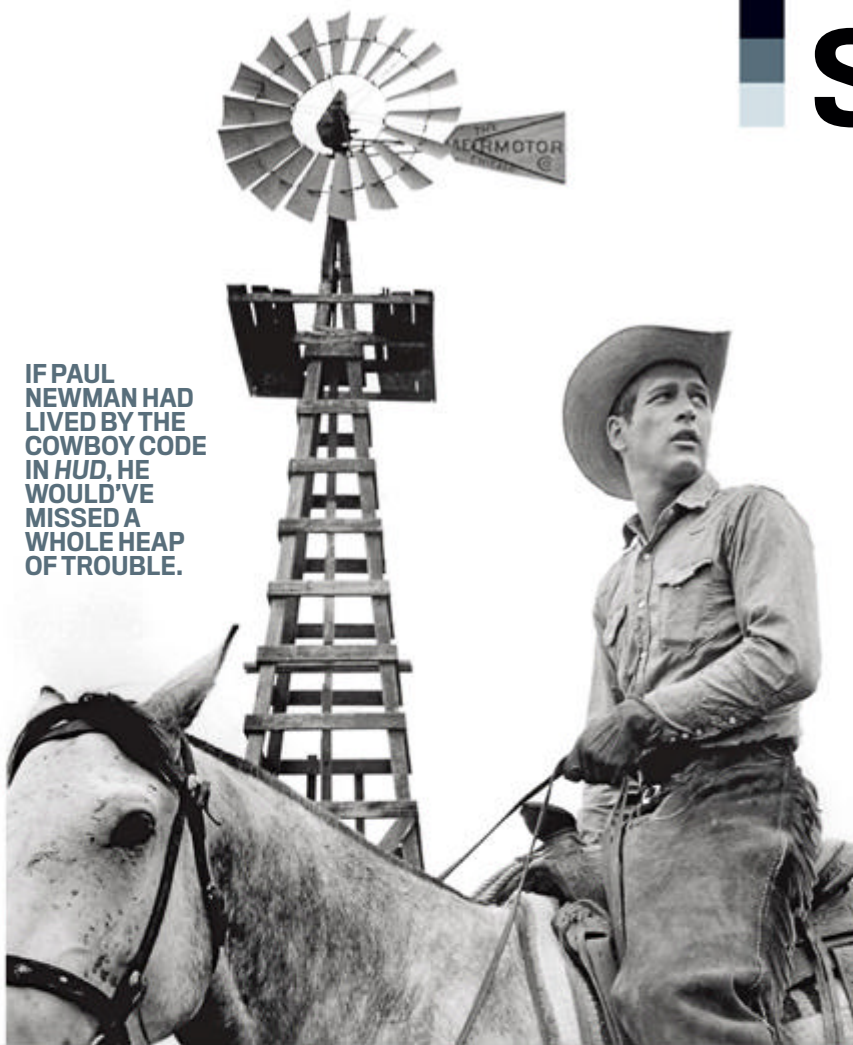
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IF PAUL NEWMAN HAD LIVED BY THE COWBOY CODE IN *HUD*, HE WOULD'VE MISSED A WHOLE HEAP OF TROUBLE.

## Get on your high horse

Some great wisdom came out of the Wild West: Don't squat with your spurs on. Don't dig for water under the out-house. Don't be an unethical asshole. ¶ Actually, that last one is the basic philosophy—if not the exact phraseology—of the just released *Cowboy Ethics: What It Takes to Win at Life*, a book so spot-on that, since it came out a decade ago, its “Code of the West” has been adopted by the state of Wyoming as its official code of ethics. ¶ “Following the Code would shift the corporate world's focus from ‘Is it legal?’ to ‘Is it right?’” says author Jim Owen, an aficionado of cowboy history, literature, and films. “If you live with integrity, you'll be happier and live a more satisfying life.” ¶ The Code is more important today than ever, says Owen, a 35-year investment pro and cofounder of the Investment Management Consultants Association: “More and more, the trust factor is very fragile—it's tough to get back [to honest principles].” ¶ Bosses, especially, could use some cowboy sense: “Anyone with a business has two types of candidates,” Owen says. “One's really smart,

but has an ‘It's not my job’ attitude; the other's grades weren't as high, but he says, ‘Hire me and you'll get my best.’ That's the one to choose—attitude trumps ability every time.”

—JEFF TOMKO

## DON'T CELL YOUR LOVE LIFE SHORT

Think checking your NCAA brackets on your iPhone is a harmless habit, even in the middle of a date? You may want to run that by your girlfriend—if you still

have one.

In a new Brigham Young U. survey of 143 women in committed relationships, 74% said that their partner's cell phone use—answering the phone mid-conversation, checking e-mails, texting—did a number on their time together.

Overall, the study found, constant connection to the digital world—aka “techno-fren-cing,” as it's been dubbed—leads to feelings of dissatisfaction in a relationship, as it sends a signal to your partner that your value system doesn't place her first.

There's no one-size-fits-all solution to reduce phone-related temptations, says study author Sarah Coyne, Ph.D. “It's going to be different for every couple. But making specific rules—like checking your phone only twice while you're out—may work. It's having the conversation and coming up with ideas together that will most successfully solve the problem.”



**Know when to get pushy if you want to push your idea through**

U. experiments, students were broken into groups to discuss new ideas. The researchers concluded that students who took a bold, aggressive approach to getting an idea accepted were successful if the team tended to reject new ideas; but in groups in which the members welcomed original thinking, “jerk” behavior resulted in a rejection of that student's ideas.

So, like any good salesman, get to know your audience, then adapt your style accordingly.

Want to get your idea across? Gauge the mood of the group first, then adjust the aggressiveness of your approach.

In two separate Penn State

## The 10 Principles of the Cowboy Code

- 1) Live each day with courage
- 2) Take pride in your work
- 3) Always finish what you start
- 4) Do what has to be done
- 5) Be tough, but fair
- 6) Keep your promises
- 7) Ride for the brand
- 8) Talk less, say more
- 9) Remember: Some things aren't for sale
- 10) Know where to draw the line



For more success advice, go to [mensfitness.com](http://mensfitness.com).



to \_\_\_\_\_

EVERYTHING YOU NEED TO MAKE LIFE WORK FOR YOU

# Game Changers



## Switch to sole power

Recharge your running with the best new shoes for the road, track, or trail

■ The new golden age of the running shoe is upon us. Now more than ever, athletic shoemakers are using the power of actual data—human and otherwise—to create footwear that can help you correct your form, boost speed, and improve overall performance. On these pages, you'll find seven brand-new models to help you take your running farther—and faster—than ever before.

**Hit the ground running.** Adidas' Ultra Boost technology fills the sole with thousands of microcapsules to absorb the shock of the road.



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**BEST FOR  
AN EXTRA PUSH**

**Adidas Ultra Boost**  
SEE PAGE 29

■ Adidas is calling this shoe, with its energy-returning Ultra Boost technology, not just the brand's most technologically advanced running shoe, but its best running shoe ever. With 3,000 microcapsules in the sole (up from 2,000 in previous models), a sticky outsole for heightened traction and feel, and an extremely comfortable Primeknit upper, it's made believers out of us as well. \$180, [adidas.com](http://adidas.com)



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MODEL THAT'S AS  
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PRACTICAL.

**BEST FOR  
HARDCORE ROADIES**

**1) New Balance  
Fresh Foam Zante**

■ Imagine watching a car go so fast that superficial components start peeling off its body. Same idea here: New Balance created its Fresh Foam Zante by studying the foot strikes of superfast runners to come up with this streamlined, minimalist design (in appearance, anyway—NB's Fresh Foam still provides a superplush ride). \$100, [newbalance.com](http://newbalance.com)



**BEST FOR  
WEEKEND WARRIORS**

**2) Brooks Transcend 2**

■ This everyday trainer stabilizes the foot with Brooks' Guide Rail support system, which wraps around the shoe to keep your stride properly aligned as fatigue sets in and form breaks down. The heel-to-toe transition is quick and smooth, and the locked fit allows you to turn and cut at speed, making it a great trail shoe. \$170, [brooksrunning.com](http://brooksrunning.com)



**BEST FOR  
PUMPING YOU UP**

**3) Reebok ZPump  
Fusion**

■ Reebok's legendary pump technology makes its way back to your feet in this all-new running shoe. Made up of three components—a pump mechanism, fitted sleeve, and outsole—the ZPump Fusion is completely structureless when deflated, allowing you to pump your footwear up for a custom, locked-in fit. \$110, [finishline.com](http://finishline.com)



Previous page: Styling by Kelica Clark/Celestine Agency;  
Stills: Prop styling by John Olson/Halley Resources

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**BEST FOR COMFORT**

**4) Hoka One One Challenger ATR**

■ Hoka is still the gold standard in maximalist running shoes. Fans of extra cushioning eyeing their local trails will rejoice at the release of an off-road version of Hoka's award-winning Clifton shoe, made with a roomy forefoot area and the brand's signature rockered profile that provides a smooth, rolling sensation as you run.

\$130, [hokaoneone.com](http://hokaoneone.com)

**BEST FOR FLEXIBILITY**

**5) Nike LunarTempo**

■ If "lightweight" and "flexible" are high on your list, look no further than Nike's all-new runner. Weighing in at a featherweight seven ounces, the LunarTempo is constructed from Nike's breathable Flymesh, Lunarlon cushioning and Flywire cables. The result: midfoot support, secure lockdown, and a sexy silhouette.

\$110, [nike.com](http://nike.com)

**BEST FOR A MORE NATURAL RUN**

**6) Altra Provision 2**

■ Altra is all about natural foot positioning, and the Provision 2 allows your foot to move and perform in the shoe just as it does out of it. The foot-shaped toe box lets toes splay naturally; zero heel-toe drop encourages a natural stride; and visible StabiliPods in the midsole stabilize the foot at three crucial points.

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# Climb over plateaus

The vertical climber may beat the treadmill as an efficient fat- and calorie-burning furnace  
By Sean Hyson, C.S.C.S.

“Which cardio machine burns the most fat?” It’s a personal trainer’s least favorite question because there’s no right answer. Still, research suggests there may be a winner in the fat-burning sweepstakes after all, and surprise: It’s the vertical climber (of which VersaClimber is the leading brand). ¶ Yes, that odd-looking contraption in the corner of your gym that resembles the Leaning Tower of Pisa may be the most underrated and effective tool yet for getting lean. A Washington State U. study found that subjects’ maximal heart rates were jacked up higher when doing VersaClimber intervals than when running intervals on a treadmill, and their VO2 max—a measure of how fast the body consumes oxygen, which correlates with calories burned—was “significantly greater” when climbing than when training on a treadmill or a rowing machine.

Tank: ALTERNATIVE APPAREL  
Shorts: AETHER APPAREL  
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Band: NEW BALANCE  
Equipment: VERSACLIMBER  
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## Faster Than Fast Food

MEN'S FITNESS magazine knows that eating healthy can be tough, especially while juggling a busy schedule of work, the gym, and going out with friends. Well, we can help. MEN'S FITNESS magazine Editors have developed the ultimate quick and easy meal to help you eat better without slowing down your schedule!

### QUICK CHICKEN TERIYAKI AND RICE



1 Cup (4.4 oz.)  
Minute® Ready to  
Serve Brown Rice



1/3 cup (2 oz.)  
cooked diced  
chicken



1/2 cup frozen  
broccoli, thawed



2 Tbsps teriyaki  
sauce



1 Tbsp peanuts,  
chopped (optional)

Heat rice according to package directions. In a microwave-safe bowl, combine chicken and broccoli. Microwave on HIGH for 1 minute. Stir in rice and teriyaki sauce and top with peanuts, if desired.

### Think you've got a better recipe?

Send us your ultimate quick and easy meal recipes using Minute® Ready to Serve Rice @MensFitness using the hashtag #MFFasterFood for a chance to win a FEATURE IN THE SEPTEMBER ISSUE OF MEN'S FITNESS MAGAZINE

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- Ready in 60 seconds
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www.minuterice.com

## Game Changers

## Cardio

"The VersaClimber burns more calories than anything else out there," says Jason Walsh, C.S.C.S., a trainer who teaches cardio classes exclusively with the VersaClimber, dubbed Rise Nation, in L.A. "I'd estimate between 600-800 for a 30-minute session."

The body position, at a 75-degree tilt as opposed to seated on a rower or exercise bike—is rare among cardio machines; the vertical climber also offers no impact, which relieves the joints. As a result, "it allows greater range of motion, utilizing push-and-pull movements that work the shoulders, torso, hips, and legs," says Walsh.

"Sure," you say. "But can't the same be said for the

elliptical?" Not quite. The vertical climber has no speed limit; the handles and pedals move as fast as you're able to push, allowing for greater progression and variance in workout intensity. And adjusting your speed down doesn't have the lag time associated with other machines like a treadmill, on which you hit the down button and five seconds later it slows its pace.

And therein lies the true magic of the vertical climber: not just its ability to burn calories, but its potential to keep you interested in burning them—safely—workout after workout, until you see results.

For more about VersaClimber classes, go to [rise-nation.com](http://rise-nation.com).

### Sample Vertical Climber Workout

Get ripped with this 30-minute routine

#### WARMUP

■ Perform long-range strokes (about 18 inches) for 4 min. at a pace of 130 feet/min.

#### 3 MIN. TOTAL

■ 45 sec. of short-range strokes (about 12 inches), 200 feet/min.

■ 45 sec. of long-range strokes, 130 feet/min.

■ repeat both intervals once more

#### REST 30 SEC.

#### 3 MIN. TOTAL

■ 30 sec. short-range strokes, 200 feet/min.

■ 30 sec. short-range strokes, 150 feet/min.

■ repeat twice more

#### REST 30 SEC.

#### 4 MIN. TOTAL

■ 20 sec. short-range strokes, 220 feet/min.

■ 10 sec. short-range strokes, 120 feet/min.

■ Repeat both intervals 7 more times

#### REST 1 MIN.

#### 3 MIN. TOTAL

■ 30 sec. long-range strokes, 140 feet/min.

■ 60 sec. long-range strokes, 200 feet/min.

■ repeat once more

#### 4 MIN. TOTAL

■ 4 minutes short-range strokes, 150 feet/min.

#### REST 30 SEC.

#### 3 MIN. TOTAL

■ 20 sec. short-range strokes, 220 feet/min.

■ 60 sec. short-range strokes, 140 feet/min.

■ repeat once, then perform the 20-sec. interval one time

#### REST 30 SEC.

#### 3 MIN. TOTAL

■ 45 sec. short-range strokes, 130 feet/min.

■ 30 sec. long-range strokes, 230 feet/min.

■ repeat once more, then perform the 45-sec. interval one last time

## HARD FACTS

OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS

### "SHOULD I STRETCH BEFORE OR AFTER A LIFT?"

SAM D., CARMEL, CA

■ Research shows that dynamic stretching, where you actively take a joint through its full range of motion (i.e., stretching while moving—think of a leg swing), is A-OK for improving flexibility before a lifting session. But static stretching—where you get into the stretched position and hold it—may not be.

A 2013 study in the *Journal of Strength & Conditioning Research* found that subjects who static-stretched before lifting still made strength gains but not as dramatically as those who did no stretching at all. Since stretching relaxes and elongates muscles, it seems to temporarily reduce their ability to produce force; so to maximize

your lifting, you should do it after training or at another time entirely.

However, in my opinion, there's one notable exception: If your muscles are too tight to let you perform certain exercises properly, you'll need to stretch beforehand—both dynamically and statically—to

improve your mobility. Yes, you may compromise strength, but you'll increase safety, which is far more important.

Sean Hyson, C.S.C.S., is the Men's Fitness training director and author of 101 Best Workouts of All Time. [101bestworkouts.com](http://101bestworkouts.com).

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# Running on full

Whether it's a local charity race or an elite marathon, this is the perfect pre-race breakfast

**T** There's no magic elixir in elite runners' breakfasts (we're not counting the doped-up cheaters who eventually get caught); no essence of cow heart or beetle-wing extract with mysterious performance benefits. The perfect breakfast is simple—boring, even. “Simplicity is king,” says Brendan Gregg, a professional runner and coach with the Hansons-Brooks Original Distance Project, who has a PR of 13:46:49 in the 5K. The rules for the perfect pre-race meal according to Gregg? Keep it high in carbs, easily digestible, and familiar, and eat it at least an hour before the gun goes off. With that in mind, try this nutritionist-backed and runner-approved meal to nab a PR at any distance.

THE PERFECT  
PRE-RACE  
BREAKFAST IS  
SIMPLE—AND  
THAT'S WHAT  
MAKES IT SO  
EFFECTIVE.



## Whole-wheat Bagel Drizzled in Honey

■ This is your main fuel cell—the energy reserve your body will use first after the race starts, because carbs burn more efficiently than fat and protein. “It’s almost universal practice for runners to eat a high-carb, low-fat breakfast,” says nutritionist and running coach Matt Fitzgerald. He recommends eating about 100 grams of carbs before a race of any length. This bagel with honey accounts for nearly 70% of that.

## Banana

■ With about 27g of carbs, a banana should get you closer to the ideal 100g level, but it also does another important job—it fills you up. Runners on half- or full marathons will spend several hours gulping down only energy gels and sports drinks; whole foods like fruit give a little weight to the stomach before you toe the line, says Gregg.

## Coffee

■ Research has proved that caffeine boosts performance. In a recent study in *Physiology and Behavior*, coffee-fueled cyclists rode up to 2% faster than decaffeinated bikers. Fitzgerald recommends drinking a cup an hour before a race starts, but be warned: Coffee is a diuretic, so test how it sits in your stomach during training or you could end up on the pot instead of at the line at race time.

## Beet Juice

■ This newcomer to the runner's morning spread was shown to boost endurance by up to 16% in a U. of Exeter study. Beets are packed with nitrates, which, during exercise, convert into nitric oxide—a vital component in muscle contraction and oxygen circulation. Tip: Try BeetElite NeoShot, a concentrated beetroot powder you mix with water to make a 4-oz shot equivalent to eating six whole beets—about the same as a full liter of beet juice, but with a fraction of the calories and sugar.



**Stoked with Coke**  
Some ultrarunners swear by the cola for its sugar-fueled energy hit.

## Feel the burn, fuel the fire

Finish strong by following these race-time nutrition and hydration guidelines from Matt Pahnke, Ph.D., principal scientist at the Gatorade Sports Science Institute.

### If you're running a 5K/10K

➤ These races are too short to warrant gels, chews, or sports drinks. Include carbs in your pre-race breakfast, and grab water from aid stations if you're feeling thirsty.

### If you're running a half-marathon

➤ If your projected finish time is within one to two hours, take 30g carbs per hour; take 60g per hour if your slower pace puts you at a finish time between two and three hours. Take one to two cups of fluid at each aid station. You goal: Don't lose more than 2–3% of your body weight during the race. To calculate your fluid loss and needs, visit [gssiweb.org](http://gssiweb.org).

### If you're running a marathon

➤ Up your fuel intake to approximately 90g of carbs per hour if you'll be running for 2.5 hours or longer. Follow half-marathon hydration rules, but consider a sports drink to help offset the electrolytes lost via sweat.

### If you're tough—or crazy—enough to run an ultramarathon

➤ The nutrition game gets a lot wackier when you have to push through 50 or 100 miles. On the course, pro ultramarathoner Adam Campbell gulps flat Coke—unfizzed so it won't spray everywhere while he carries it on the run—because of the high sugar content; he calls it “rocket fuel” and says the drink gives him an immediate energy boost. These endurance athletes burn almost everything they consume by midrace, so Campbell also pops gummy bears, while fellow competitor Dean Karnazes has been known to down pizza on the trail.

Food styling by Alison Attenborough

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# Gnarly!

Your adrenaline-kick bucket list By Noah Davis

Taking a vacation anytime soon? This time around, toss the daiquiris and try something a little—OK, a lot—more thrilling. We scoured the globe to find seven of the biggest, baddest, fastest, most extreme rushes you can live through (though don't quote us on that), each one guaranteed to kick your adrenal gland into overdrive.

1

## BASE jump—no permit needed

LOCATION: PERRINE MEMORIAL BRIDGE, IDAHO

PRICE: FROM \$399

AIRPORT: BOISE (BOI)

**WHY:** BASE jumping is skydiving sans airplane (BASE is an acronym for building, antenna, span, and earth), the ground rushing at you from your low-altitude takeoff. It's for experts only, except at the Perrine Memorial Bridge, nearly 500 feet above the Snake River. A tandem jump offers all of the terror without requiring any of the past experience you'd usually need to BASE jump, and the bridge is a great place to learn how to do it. Strap in and hang on.

**Back to BASE-ics.** Skip the expense of taking a plane by BASE jumping off something high, like the Perrine Memorial Bridge in Idaho.

Corey Rich/Getty Images

GET TO KNOW

THE UNKNOWN





**GOT \$13,000 TO FLY A RUSSIAN MIG? NYET? THEN SWIM WITH CROCS, OR BUNGEE TILL YOUR HEART'S IN YOUR MOUTH.**

**Have a death wish?** Clockwise, from top left: Swim with just a thin veil of acrylic between you and a crocodile; graze the ground bungee jumping in New Zealand; shoot across Russia in a Soviet-era fighter jet, at half a mile per second;

2

## Dive with the crocs

LOCATION: CROCOSAURUS COVE, DARWIN, AUSTRALIA

PRICE: FROM \$120

AIRPORT: DARWIN (DRW)

**WHY:** Picture this: The only thing between you and a 16-foot saltwater croc, one of the deadliest, meanest, and most vicious prehistoric predators on the planet, is a cylinder of thin acrylic. Welcome to the Cage of Death, which offers a 360-degree view of the 200 massive creatures swimming by, being fed by handlers to encourage movement but eyeing you as a potential meal for a whole 15 minutes. Dive by yourself or with a friend. We strongly recommend the latter.

3

## Ride the fastest coaster in the world

LOCATION: FERRARI WORLD, ABU DHABI, UAE

PRICE: FROM \$65

AIRPORT: ABU DHABI (AUH)

**WHY:** The speed of a Ferrari without the hassle of driving one. The Formula Rossa is the world's fastest roller coaster, which rockets from zero to 60 mph in two seconds and reaches a peak speed of just under 150 mph in 4.9 seconds, stretching for nearly a mile and a half. The ride's so intense that it requires goggles like those made for skydiving. A must for thrill-seeking sports car fans and adrenaline junkies.

4

## Bungee jump the Macau Tower

LOCATION: MACAU, CHINA

PRICE: FROM \$386

AIRPORT: MACAU (MFM)

**WHY:** Borderline-insane extreme-sports entrepreneur A.J. Hackett saw the Macau Tower stretching more than 1,000 feet into the sky and thought, "Let's bungee off that baby." The New Zealander and his team designed a special cord, cable, and recovery system, found a platform more than 750 feet off the ground, and created the highest bungee jump in the world. (And it's worth springing for the photos, video, and GoPro footage for an extra \$90.)

5

## Fly in a MiG-29 fighter jet

LOCATION: NIZHNY NOVGOROD, RUSSIA

PRICE: FROM \$13,000

AIRPORT: NIZHNY NOVGOROD (GOJ)

**WHY:** *Top Gun*, Russian style. The MiG-29 might be a relic from the Cold War, but its famous turbojet engines and ridiculous power-to-mass ratio make it one of the most maneuverable planes on the planet. Fly over Russia at 2½ times the speed of sound while imagining yourself and Comrade Goose in life-and-death air-to-air combat. Supersonic travel for civilians in the U.S. is illegal, so if you want to travel that fast, this is your chance.

6

## Zip-line at 100 mph

LOCATION: ZIP WORLD VELOCITY, PENRHYN QUARRY, BETHESDA, U.K.

PRICE: FROM \$90

AIRPORT: MANCHESTER (MAN)

**WHY:** This is your typical backyard zip line, except instead of traveling from your tree fort to the ground, you fly over Wales' Penrhyn Quarry (once the largest quarry in the world) and the Welsh coastline for nearly a mile at speeds reaching 100 mph. Included are goggles, a safety helmet, and a flying suit that's wind- and showerproof. If you're nervous, you can start with the Little Zipper ride, which maxes out at 45 mph. But really, who wants to start slow?

7

## Heli-raft Down Under

LOCATION: QUEENSTOWN, NEW ZEALAND

PRICE: FROM \$229

AIRPORT: QUEENSTOWN (ZQN)

**WHY:** Why drive to the raft put-in when you can fly? Hop in a helicopter and shoot up the Shotover River canyon, where you'll see Class 5 rapids like After Shock, Sharks Fin, Toilet, and Jaws. Then, well aware of the watery adversary you face, jump into a raft and hurtle down the river for an aquatic adrenaline rush. The whole shebang takes about 4½ hours, but it'll probably feel much faster. Remember to pack a swimsuit.

Clockwise from top left: HO/Reuters/Corbis; Bungee Jump Courtesy of Macau Tower; George Hall/Corbis.

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# Cut to the chase

A classic black T-shirt works for anything from a car chase to a gunfight. Somebody tell Wardrobe.

## THE GUY

### *The Blacklist*'s Diego Klattenhoff

■ You may not recognize Diego Klattenhoff in such informal attire. For his role as an FBI agent on NBC's *The Blacklist*, the 36-year-old is normally trussed up in a suit and tie—not exactly the best gear for the amount of stunt work he has to do on the show, which beat *Game of Thrones* to win an Emmy for stunts last year. ¶ “I’ve been shot at, choked out by a woman, even hunted by a fucking seven-foot giant,” Klattenhoff says. “It’s pretty unglamorous—you’re shooting in the mud, crawling out of a flipped-over car. You’re not dressed properly for that in a suit and tie.” ¶ Another thing such formal attire isn’t really great for: vertical villain races. “I’ve done my share of running on this show,” the actor says. “I almost threw up doing the pilot because I was supposed to chase the bad guy up the stairs, and they found some stairs in D.C. that were all glass, so it looked like two little Pac-Men chasing each other. It was rough—I was calling for the production assistant, saying, ‘Get me a bucket, I’m going to puke!’ Thankfully I didn’t.” ¶ If it were up to him, he’d go casual all the time. “I grew up on a farm in the woods in Nova Scotia, chopping wood, and never even owned a suit until—shit, I was 29 when I bought my first one,” he says. “It’s ironic that that’s what I’m running around in all day on the show. I’m a jeans, T-shirt, boots kind of guy.”

## THE BLACK T-SHIRT

### Designer Michael Kors

■ This black tee from American designer Michael Kors would be a go-to for the actor—or pretty much any guy. “There are very few pieces with the enduring cool appeal of a black T-shirt,” says designer Michael Kors. “It’s one of those staples you find in almost every man’s closet—at every age—because it can go just about anywhere. The fact that you can reach for it day in and day out and it always works makes it timeless.”

“I’VE BEEN SHOT AT, CHOKED OUT BY A WOMAN, EVEN HUNTED BY A SEVEN-FOOT GIANT.”

T-shirt and Watch:  
MICHAEL KORS  
See page 140.

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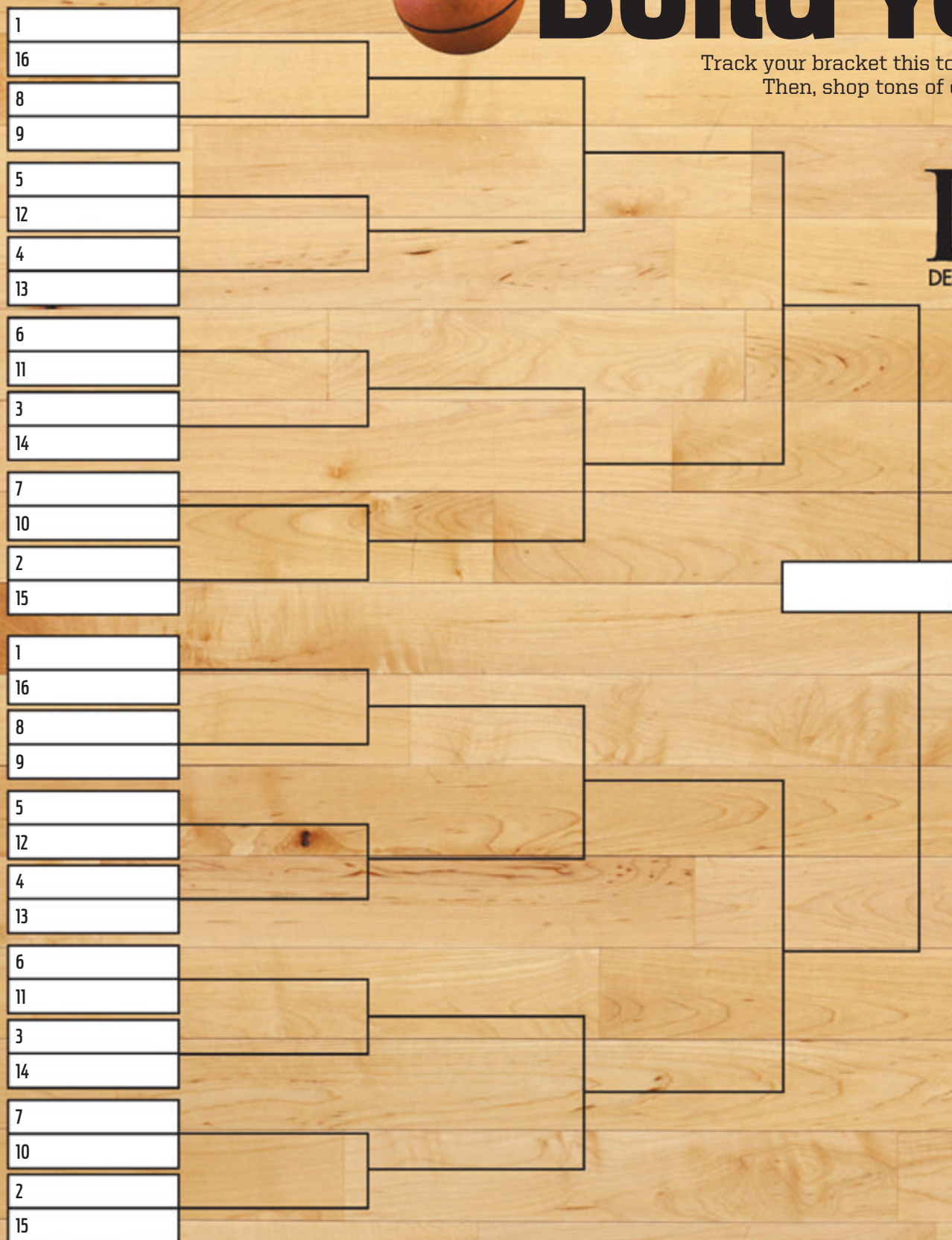


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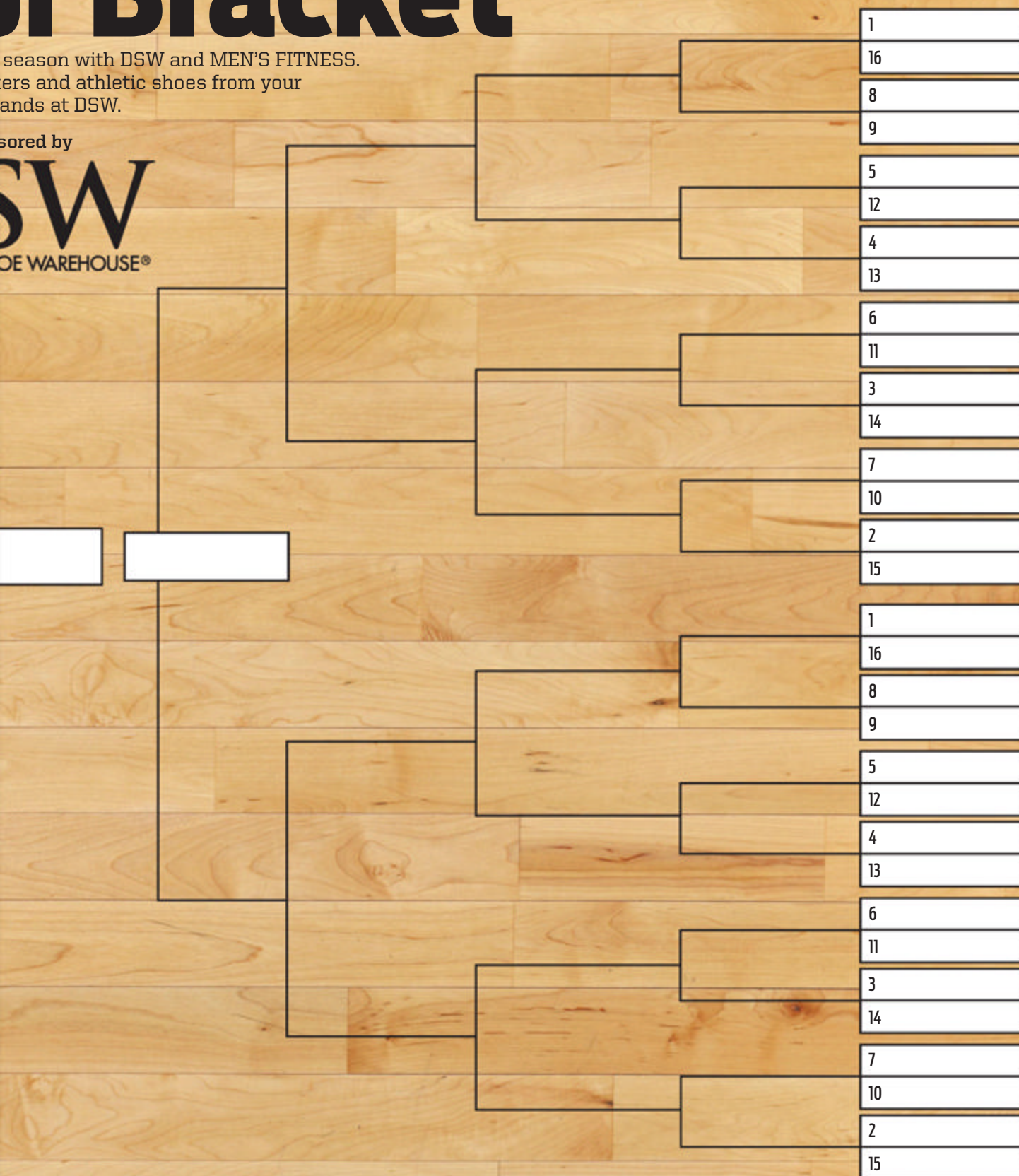
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THE HATE.**



# Dunk this!

Just in time for March Madness, Christian Laettner's four rules for blocking haters

Twenty-three years ago, b-baller Christian Laettner hit the Shot, a buzzer-beating jumper that gave the Duke Blue Devils a 104-103 win over the Kentucky Wildcats in possibly the greatest college basketball game ever.

The win raised Laettner into the stratosphere of fan hatred, as seen in the new ESPN "30 for 30" documentary *I Hate Christian Laettner*.

Laettner, 45, who now runs the Christian Laettner Basketball Academy and still gets heckled in the grocery store, gives us advice about turning hate into something positive.

## 1) Remember you're not alone

It happens to everyone who competes at a high level, whether it's at Duke or in the NBA: Opposing fans always hate you. Use it as fuel. You're going to go out there and lift harder, try harder, play harder, and be more intense.

And when you retire, they'll still hate you because you used to beat them. If you sit around worrying about it too much, you'll lose a lot of sleep.

## 2. Embrace the hate

[Former University of Kentucky] star Jeff Sheppard put on a Kentucky heroes vs. Kentucky villains game. That was such a neat

idea—plus, it was for charity—so I definitely jumped onboard as coach of the villains.

Once you do something like that, you start having fun with it. I got some good laughs. That's what life's about.

## 3) Prepare the troops (and yourself)

My children are in high school. I had to sit them down and talk to them about how to react

when someone who's not a fan says something not nice to them.

It was a learning experience for us and a teaching moment for me. Hopefully my family members will be able to handle it. It takes some maturity on their—and my—part.

**4) Stay looking good** I'm about five pounds off my fighting weight since I retired at 35. But even now I work out at least three times a week, doing all the same big football lifts I did when I was in the pros: squats, deadlifts, cleans.

I'm still playing basketball, too, but I have to take my Advil, my Aleve, and my Tylenol first.

—NOAH DAVIS

**HATERS  
GONNA HATE,  
SO KEEP IN  
MIND THAT  
SOMETIMES  
YOU JUST HAVE  
TO EMBRACE IT.**

## What're You Lookin' At?

You mean, guys fighting is a good thing? An English prof embeds in the world of MMA to find out.

■ Ever been in a bar fight? Maybe you sized up your romantic competition, acting out the question evolution planted in your DNA: "Can I beat up these dudes to get the girl?" Your eyes lingered too long, and words were exchanged that threatened your masculinity. Then came the fists.

In the local watering hole, behind the middle school, in the orangutan pen, the ritual is the same: Males fight. But why? That's what English prof Jonathan Gottschall sets out to discover in his compelling book *The Professor in the Cage*.

"[Fights] help men work out conflicts and thrash out hierarchies while minimizing carnage and social chaos," says Gottschall, whose research on fighting, which he calls the "monkey dance," led him to investigate everything from the latest psychological studies to the writings of Treasury Secretary Alexander Hamilton, who dueled Vice President Aaron Burr in 1804. (Let's just say it didn't go well for Hamilton.)

"Without the restraining codes of the monkey dance, the world would be a much more violent place," the author says.

In other words, men have codified fighting, creating unwritten rules against cheap shots and cheating. They've also made it competitive, taking it to the ring or the cage—which is where the pudgy academic immersed himself in MMA, training two years for his own amateur match. (It didn't—well, read the book to see how he fared). In the end, he concluded that men fight not to kill each other but to maintain order and hang on to their honor. —KIT FOX



From left to right: Mark Abbott/South Creek Global/Alamy; Cal Sport Media/Alamy; Peter Read Miller/Getty Images; Joey Foley/Getty Images; Lance King/Getty Images; Book: Brian Kitch



KELLY BROOK:  
SHE'S READY  
FOR HER  
CLOSE-UP,  
MR. TARANTINO.

are curvy and athletic. Otherwise you get a lot of miserable young girls out there who don't realize they're beautiful."

Brook, who's been a celeb in the U.K. since she was 18, acting on TV and even competing on the Brit version of *Dancing with the Stars*, is best known to U.S. audiences as the beauty who swam nude and got devoured while dangling over a lake on a wire in 2010's *Piranha 3D*. Now, with *One Big Happy*, she's thrilled to have a shot at the big time.

"Often the cast will just look at one another with these terrified looks on their faces and whisper, 'Do we know what we're doing? Will we remember our lines? Land our jokes?' But in the end, you have to say, 'Screw it—we're here to entertain, not save lives.' The audience loves when you mess up, anyway."

To prep for the show, she's delved into MMA, studying with kung fu legend Hu Jianqiang (*The Shaolin Temple*), training with fans and spears. "I would totally be in a wushu movie," she says. "I just need Quentin Tarantino to call me up!"

Want to score a date with the sword-wielding, whip-smart Brook? Don't even think of trying to two-time her, like one guy did who chatted her up on FaceTime: "He turned his phone to a mirror to show off his body, and in the reflection I saw a picture of his other girl," she says.

We'd never do that, Kelly. We swear.

## Throwing us a curve

Two truths and a lie from voluptuous British dream girl Kelly Brook

By Andrew C. Stone

**NO. 1:** *One Big Happy* and *Piranha 3D* actress Kelly Brook is studying with a kung fu legend and training to kill you with a fan.

**NO. 2:** She'd rather be toiling at the gym than boozing it up on the town with her pals.

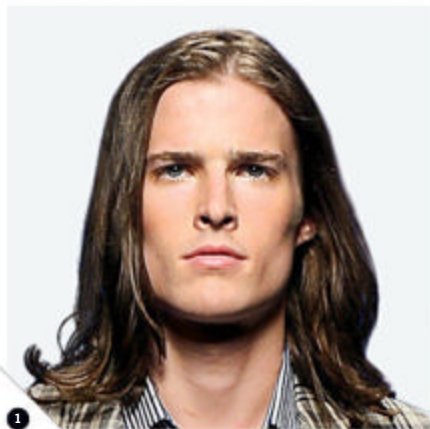
**NO. 3:** Brook once caught a guy two-timing her during a FaceTime chat.

Fine, that second one is false—at least when Brook is back home in the U.K. "Forget about London," she says. "I'd be out drinking with my friends and partying all the time."

That said, Brook—a 35-year-old pinup of epic proportions and co-star of NBC's new sitcom *One Big Happy*—is now living among the hard bodies of L.A., and

undertaking a fitness makeover she's been chronicling for her fans on Instagram.

Hourglass enthusiasts, don't fret: "I'm not losing my curves," says Brook, who admits she's happy the media now celebrate "more than just really thin girls. It's nice to have all different body shapes and sizes—like Kim Kardashian and Jennifer Lopez, who



1



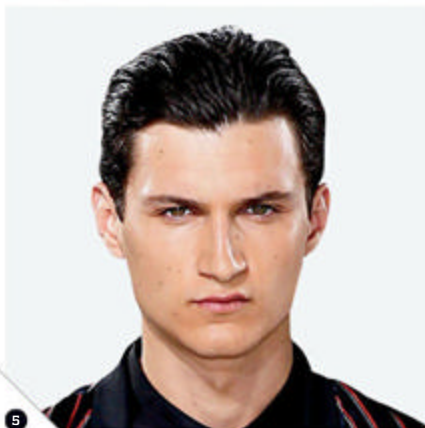
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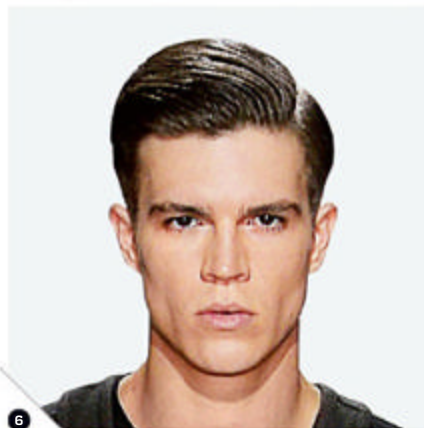
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5



6

# A cool head

The runways are showing some bold new ways to crop this spring. We asked top stylist Rob McMillen from the Blind Barber salon how to style and maintain the season's most popular cuts.

1

## Long

■ To pull this look off, you need one thing: thick hair. "If a guy has really fine hair, he's going to look like Kid Rock," says McMillen of the notoriously stringy-haired singer. He advises visiting a stylist every four to six weeks to snip the ends to keep them neat. And make sure you're cleaning your hair correctly: "Guys with long hair will focus on shampooing the middle and ends and ignore the scalp," McMillen says.

2

## Fade

■ A good buzz fade can, surprisingly, demand a lot of attention depending on how fast your hair grows. "If you take it down to  $\frac{1}{4}$  inch on the top and  $\frac{1}{2}$  inch on the sides, it's going to show some fading and blending" of the longer hair on top with the shorter hair on the sides, McMillen explains. "Normally, for a buzz or a fade, you're looking at getting it trimmed every two weeks to try and keep that clean."

3

## Messy/Tousled

■ As with longer cuts, if the texture of your hair is too fine, a messy or tousled style can be less than successful. "It comes down to a lot of texture," says McMillen. For this cut, it's important to have the edges tapered to avoid a "wildman" look. For upkeep, try to get a trim every four to eight weeks. When styling, apply a light clay or other product with a very strong hold to keep the messiness in place.

4

## Bangs

■ Once you've gotten them meticulously cut, bangs do require some attention, but it's not rocket science. You want them to have texture and movement, says McMillen: "To make them sweep across the forehead, try a lighter styling product or even a sea salt spray," which will give you the swept-back look you'd get at the beach. "This allows the bangs to look natural and have a little bit of volume."

5

## Slicked

■ This powerful style is perfect for someone with a squarer jaw. After a pro gives you the right cut—taking extra weight out and making sure the "corners" (the top sides, where your hairline begins to recede as you get older) don't protrude too much—you'll need some hold to pull it off on the regular. "Apply a strong, lather-based hold product to your hair when damp or wet," McMillen says.

6

## Pomp

■ For a traditional mid-1950s pomp style, you're going to want to use something that can really hold your hair in place, like Layrite or a comparable product. "It'll probably require more maintenance from your stylist or barber than these other looks," McMillen says. To style it yourself, blow-dry your hair until it's wispy; then comb the product into your hair, comb it up, and pat it down.




Clockwise from top left: Stefania D'Alessandro/Getty Images; Catwalking/Getty Images; Albert Urao/Getty Images; George Pimentel/Getty Images; Victor Virgile/Getty Images; Catwalking/Getty Images



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\$6, [dovemencare.com](http://dovemencare.com)

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Massage this fast-absorbing foam into your scalp twice a day to help stop hair loss and spur new growth by revitalizing dormant hair follicles.

\$30, [rogaire.com](http://rogaire.com)

### AXE

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Hit up this on-the-go styler from Axe's new White Label after work to instantly remove unsightly oil and achieve that neat, sharp look for the night ahead.

\$7, [axehair.com](http://axehair.com)

### MITCH PAUL MITCHELL

#### Double Hitter

Reach for this 2-in-1 shampoo and conditioner with its fresh, paraben-free lather that rinses off and leaves hair feeling healthier.

\$15, [paulmitchell.com](http://paulmitchell.com)

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#### Sunday Shampoo

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# Instant attraction

Six ways to boost your sex appeal today  
By Lara Rosenbaum

**A**s much as girls hate to admit it, we can be a little superficial at times. (Shocker, right?) But the truth is, when we first meet a guy, his look is everything. And one thing is for sure: A close shave and a spray across his chest don't always cut it. And a full-blown werewolf beard doesn't, either. If you want female attention, aim for the best of both worlds: clean-cut but a little rough around the edges. That could mean the perfect stubble. Or even feigning a dark mood. (Seriously!) Here, the surefire ways to draw us in without saying a word.

## Don't take the "lumbersexual" thing too far

■ Big, bushy beards may seem like a thing in hipster 'hoods, but trust us: For the umpteenth time, we ladies prefer stubble—not Santa. A study published in *Evolution and Human Behavior* showed that women find heavy stubble—and, as you may have heard, a clean-shaven face or even a light shadow—more attractive than a full-on beard. "Stubble says testosterone; it's manly," says Christie Hartman, Ph.D., author of

*Changing Your Game: A Man's Guide to Success with Women.*

## Get a canine sidekick

■ According to a survey by Dogs Trust, a U.K. charity, owning a dog makes you more attractive. Another poll, by the mobile app Kloof, even found that *specific breeds* can up your hotness factor, reporting that women prefer German shepherds, golden retrievers, and Labrador retrievers—in that order. "Having a dog says a man takes care of a living thing, which is sexy," Hartman says. "Shepherds are also masculine—cops use them as service dogs. Golden retrievers and Labs aren't as masculine, but they say 'family friendly,' and women dig that."

## Hang with a pack

■ Psychologists at the University of California, San Diego, recently found there's a "cheerleader effect" when it comes to attraction: When you're with a group of friends, women find you hotter. "Our visual system forms an 'average representation,' and averaged faces tend to be perceived as very attractive—probably because unattractive idiosyncrasies offset each other," says study author and Ph.D. candidate Drew Walker. "For example, if one man's nose is crooked to the left and his friend's is crooked to the right, their average nose would be perfectly straight." In short, when it all evens out—you score.

## Let a bad mood fly

■ Researchers at the University of British Columbia found that

women deem men with proud, moody, and even ashamed expressions more sexually attractive than those who sport a smile. While more studies are needed to determine exactly why, researchers suggest it's related to evolution, with dominant males displaying certain strong characteristics. "Smiling doesn't come off as masculine," notes Hartman. "Though remember: This study relates to appearing happy, not actually being happy." So no need to take it too far—nasty doesn't work well, either.

## How to look hotter on the Interwebs:

### DON'T follow her lead with selfies

It can make you look douchey—and reduce online dating messages by 8%, a survey by Zoosk, an online dating service, found. Full-body photos, on the other hand (clothed, and shot by someone else), can boost your connections by 203%. If going selfie-free seems like a double standard, well, it is. "Women can get away with selfies simply because men are more willing to tolerate them and men are more easily drawn in by a photo," Hartman says.

### DO say "creative" in your online dating profile

Zoosk studied the habits of 4,000 users and found that when guys used the words "creative" and "ambitious" in their dating profiles, incoming messages went up 33%. It seems obvious that career drive can turn a lady on, but according to Hartman, creativity is hot right now because it makes you look like you can impart global impact.



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LIVE WELL

# Run with these

Stay on top of your cardio workout with some cutting-edge resources By Ben Radding



1

## 1) Fitbit Surge

■ The newest Fitbit is the most advanced yet—Fitbit dubs it a “super watch”—with continuous heart-rate monitoring and a built-in GPS to track your miles and overall fitness. The new smartwatch interface also provides notifications for calls and texts as well as quick flashes of your stats, and the battery lasts up to seven days on a charge. \$250, [fitbit.com](http://fitbit.com)

## 3) Lululemon Sweat Session ½ Zip Silver

■ Made of a sweat-wicking four-way stretch fabric with patented odor blocking, the Sweat Session won't stink after workouts. There's a stretch fiber in the material that makes it extra comfortable and helps the shirt keep its shape. Plus, it's reflective when light hits it—great for night runs. \$118, [lululemon.com](http://lululemon.com)



3



4

## 2) Monster iSport Bluetooth Wireless

■ These iterations of Monster's iSport earbuds—some of the thinnest Bluetooth-capable buds ever made—won't add any distracting extra weight to your run. They're designed (with their own volume control) to be tangle-free, for quick, on-the-go workouts, and sweat-proof, so they'll stand up over the long haul. \$120, [monstercable.com](http://monstercable.com)



2

## 4) REI Flash Sport 15 Pack

■ For longer runs, a light pack to haul gear is essential. With a stretch-mesh shoulder harness that won't hinder air circulation, and compression straps that pull all the weight tight to your lower back for perfect stability, the Flash Sport 15 is a comfortable, lightweight addition to your running arsenal. \$70, [rei.com](http://rei.com)




## 5) Sony NWZ-A17 Hi-res Walkman

■ You could bring your phone on a run, but there's a solid chance of a dropping disaster. Instead (stay with us here), take a solid MP3 player with you to blast all your tunes. The Sony A17 Walkman has a ridiculous battery life—up to 50 hours as an MP3 player—is Bluetooth-ready, and can support hi-res audio formats like FLAC files for a more intense listening experience. Plus, the micro SD slot gives it the power to carry up to 192 gigs. \$300, [sony.com](http://sony.com)

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# How to live to be 100 (or pretty damn close)

70? 80? 90? Nah, that's kids' play. Take these tips based on the latest scientific mortality research, and aim to get your lifespan into the triple digits. **By Kit Fox**



We'll let you in on a little secret: Being an old geezer is great. Age wins you respect, a license to run your mouth, steep discounts at your neighborhood movies, and plenty of time to pile on the memories.

But you have to earn the decades; unfortunately, whoopie pies, annoying in-laws, and chronic disease stand in your way. Take your cane and knock death back a few years. We've compiled the latest mortality research to help you earn your walker.

To borrow a cliché: Life's short. Don't make it shorter.

## 1) Get your ass off the couch

■ Even if it's for just 20 minutes. A new study from Cambridge University analyzed the activity habits of more than 334,000 participants and found that people who burned just 90–110 calories—roughly the equivalent of a brisk 20-minute walk—every day reduced their risk of early death by as much as 16–30%.

## 2) Seriously, stand up

■ Even the biggest meathead can fall victim to the death trap that is the couch, says a new University Health Network review. Research on 47 mortality studies concluded that sitting for extended periods leads to early death, *no matter how much exercise a person does*. A good rule of thumb, according to a

2014 Indiana University study: For every hour you sit, get up and walk for five minutes.

## 3) Fall in love with a health nut

■ Finding a healthy partner could actually save your life. University College London researchers studied 3,722 couples and found that 67% of men became more physically active if their partner was, and 48% quit smoking once their partner had. You know the saying: healthy wife, healthy life (or something like that).

## 4) If you don't relish your relatives, steer clear of them

■ Instead, spend more time with friends. McGill University researchers studying the mortality rates and social interactions of more than

100,000 people discovered that family time increases your chances of kicking the bucket, most likely because of the stress it causes. Time with pals, on the other hand, decreased early death risk by 7%.

## 5) Look on the bright side

■ Trite but true: Optimists have healthier hearts. A University of Illinois study measured heart health, then surveyed subjects' outlook in life. Optimists were up to 76% more likely to have healthier tickers—which is why we expect Eeyore to die from a heart attack any day now.

## 6) Take some lessons from the world's 100-year-olds

■ Travel journalist Dan Buettner has spent more than a decade studying what he's dubbed "international blue zones"—tiny areas of the world that have outsize populations of centenarians. His book, *The Blue Zones Solution*, out this month, offers valuable life-style tips from the planet's elders. Some of the best include: Stop eating when your stomach's 80% full, drink one to two glasses of alcohol a day (but not more), and eat more plants.

## 7) If all else fails... cut off your balls

■ Not really. But, hey, it would work: A 1969 study from the *Journal of Gerontology* found that castrated men lived more than 13 years longer than their intact brethren—and, in the process, unintentionally created the best "would you rather" question of all time.



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Neil Peters Collection; Illustration by Sean McCabe

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**Running mates.** From left, Kenenisa Bekele, Seleshi Bekele, and Haile Gebrselassie, who is working with Pitsiladis on his Sub2hr Project.

# Racing against the clock

Can the two-hour marathon be broken? Elite sports scientist Yannis Pitsiladis says yes—and he's trying to make it happen. We asked him what runners are doing wrong in training. (Spoiler: It's a lot.) By Noah Davis

**ENDURANCE TRAINING** is a subject Yannis Pitsiladis, Ph.D., professor of sport and exercise science at the U.K.'s University of Brighton, knows a thing or two about. The 47-year-old has sat on two World Anti-Doping Agency committees, advised the International Olympic Committee, and, during his two-decade career, built the world's largest biobank of the DNA of elite athletes. In 2014 he also launched the Sub2hr Project, a multimillion-dollar research initiative aimed at helping a runner achieve the mythic sub-two-hour marathon. Skeptics abound: When Pitsiladis posted that he'd accomplish the feat in the next five years, the Internet responded with mocking derision. We tracked him down to learn more.



So what's the significance of the two-hour marathon? Isn't it just a number?

Yes, but I think we need an alternative approach to performance enhancement. Athletes need better medical and scientific support that's evidence-based and doping-free, to be able to cope with the demands the public places on them. We see so many situations in which athletes push themselves too far, then have problems with their bodies in retirement. Ironically, F1 motor racing is probably one of the only sports with which very little is left to chance, but that's mainly due to the car. We can learn so very much from F1. The pit crews help drivers make real-time adjustments on their driving lines, their braking points and rate, and their throttle levels. These efforts can really change a field.

"Garbage"—that's what you called "99% of today's most popular endurance training techniques" in your announcement about the Sub2hr Project. How can that possibly be the case?

We have a good understanding of exercise physiology, and we can theorize what should work. But we're still doing it blindly. We can set training thresholds that we think are good for either the "average person" or the "elite athlete"—but we don't know what might be good specifically for you or for me. In other words, we can set a training protocol that we think will work for a lot of people, but we don't have good markers to suit individuals. That's why, when you give the same training program to various athletes, some improve and others don't. Some athletes even manage to get worse.

The typical runner does many things wrong, you say. Would you give us an example?

Take fluid consumption: When I run, I see all these people with water bottles in their hands—they're drinking huge volumes because that's what the recommendations are online. You know, "Drink early and at regular intervals, and consume as much as possible, within what you consider tolerable." That's absolutely wrong. You should actually drink to thirst because there's considerable variability in sweating rates and sweat electrolyte content between individuals. People are drinking too much.

So much of your project is about athletes recognizing their limitations. How can the average athlete get better at that?

Record everything you possibly can. Most of the monitors on the market will suffice. You want something that can easily measure body weight and heart rate in the morning, as those are simple to record and are informative. When you see something that's fluctuating beyond the norm—not just a one-off, but fluctuating and staying different, which also tends to go with not feeling so great—you'll know. A difference in resting heart rate or appetite can signal that something's off. Frankly, that's the best you can do at the moment.

What would you tell young guys who want to endurance train as a way to get into great shape?

Until we work out ways to individualize training, preparation, performance, and recovery, don't push through pain; record everything and try to detect patterns; and always follow your instincts. Don't overdo it.

Roberto Schmidt/AFP/Getty Images; Portrait: Courtesy of Yannis Pitsiladis

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**DUCATI'S ICON MODEL WILL BLOW YOU AWAY WITH LIGHTER WHEELS AND A SNAPPIER RIDE.**

## DUCATI SCRAMBLER

■ Ducati yanked the ghost of the original Scrambler back from 1974 when it introduced the 2015 Ducati Scrambler. Updated from the venerable single-cylinder model, all versions get the Ducati L-twin power plant, with tweaks in tailoring: The Icon goes with wider handlebars and lighter wheels; the Urban Enduro's extra engine and headlight guard toughen it up; and the Classic's spoked wheels and aluminum mud guards make for retro bliss.

ENGINE	803cc L-twin
POWER	75 hp
WEIGHT	410 lbs
BASE PRICE	\$8,595

## MOTO GUZZI V7

■ Not just another Italian throwback, Moto Guzzi's new V7 line defers to the original's muscular, robust form but has been transformed into a leaner looker. The V7 was the first Moto Guzzi bike to use the 90-degree V-twin engine that defined the company; but today's

refined V7 engine gives it new relevance. Get it in one of the new models, like the classically designed Stone or the Special, which bumps up the style with two-tone paint.

ENGINE	744cc 90-degree V-twin
POWER	50 hp
WEIGHT	395 lbs
BASE PRICE	\$8,490



## HONDA CB1100

■ Honda arguably kicked off the era of powerful and affordable street bikes in 1969 when it introduced the beyond iconic CB750 Four, with its industry-first four-cylinder engine and disc brakes. Reborn in 2013 when Honda's new air-cooled CB1100 hit the

U.S., the new 1100 has a rock-solid ride thanks to triple disc brakes and optional ABS, plus a supersmooth fuel-injected inline 4 that'll keep you rolling up the miles with a smile.

ENGINE	1,140cc inline-4
POWER	est. 83 hp
WEIGHT	540 lbs
BASE PRICE	\$10,399



## BMW R NINET

■ With a design that's clean and sharp, BMW's entry into the retro bike resurgence is a stylistic stunner with attractive aluminum elements. Customization is as easy as removing a few bolts here and there—put on an aluminum tail cover for a café look, or choose the trick

titanium exhaust to add a bit of lightweight sportiness. The potent air- and oil-cooled flat twin provides a throaty snarl that will turn heads at every intersection.

ENGINE	1,170cc flat-twin Boxer
POWER	110 hp
WEIGHT	489 lbs
BASE PRICE	\$14,995





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# Learn It!

by Mario Armstrong



## e-Tread lightly

Keep the earth green—and save some lives in the process—by recycling and disposing of your electronic devices the responsible way

**WHEN IT COMES** to getting rid of our old electronics, it's pretty much a Wild West free-for-all, with few laws, lots of bad guys, and everyone out for themselves. Despite a recent rise in eco-consciousness seen in bans on plastic bags and regulations phasing out incandescent light bulbs in favor of more energy-efficient CFL bulbs, we haven't really even begun to address the problem. Let's start fixing that right now.

### WHAT IS E-WASTE? JUST ABOUT E-VERYTHING.

"E-waste" is the catch-all for discarded electronic products, but the term is most often used in reference to gadgets like cell phones (Americans replace their cell phones about every 18 month), printers, tablets, televisions, and computers. According to iFixit (more on these guys later), an estimated 20 million tons of e-waste are generated each year, with the U.S. alone contributing 3.4 million tons annually. Consider this: A full 75% of all our e-waste gets thrown away. That's an enormous, growing mountain of garbage. In total, "it's spread between dumping, recycling, and exporting," says Larry Herst, CEO of Triangle Recycling in Durham, NC. "But there's very little current info" about where it all ends up—and that alone is terrifying.

High-tech garbage isn't just a space-sucker, it's also highly noxious: Dumped devices release known carcinogens and other toxins like lead, mercury, barium, and other heavy metals into the ground, water, and air. It's a dirty and dangerous problem that's growing—but, unfortunately, regulation isn't keeping up.

### WHAT'S BEING DONE ABOUT IT? ALMOST NOTHING.

Even the EPA is behind the times. Its policy is that e-waste generated by individuals isn't considered "hazardous"—which means your e-waste can be treated like normal household garbage, and will end up in solid-waste landfills or incinerators despite the known dangers of e-waste components. In the absence of strict local or state regulations, we're effectively leaving everyone to do what they will with their e-waste, damn the consequences.

Prop Styling by Angela Campos/Stockland Martel; Armstrong: Mangua Banzima/Ellas World Media

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The EPA also states that recyclers are responsible for determining what is waste and what isn't. But lack of regulation means that even well-intentioned recyclers might be contributing to the problem: E-Stewards (a recycling advocacy initiative from the non-profit Basel Action Network) estimates that 50–80% of what's taken in as recycling actually ends up being exported to the developing world.

The U.N. initiated an international treaty to prevent developed countries from simply shipping their hazardous waste materials to poorer nations. Known as the Basel Convention, the treaty took effect in 1992—but has never been ratified by the U.S. That means that here, recycling efforts from big companies are completely voluntary. Guess how well that works.

### WHAT'S SO AWFUL ABOUT E-WASTE? YOU'D BE SURPRISED.

What happens once e-waste reaches its destination in Africa, China, or India can easily be described as nightmarish: Ghana's Agbogbloshie is the largest e-waste dump site in the world, and is commonly referred to as "Sodom and Gomorrah" even by locals, according to a 2011 *Newsweek* report. At the dumping site, toxic e-waste is ripped apart by hand and even burned to get scrap material. Many of the workers are children—usually young boys—who salvage raw materials like copper and tin to make their living of \$2.50 a day.

According to Al Jazeera, most of these young boys, operating without knowledge of—or protection from—these environmental risks will die from cancer before age 30.

### SO WHAT CAN YOU DO? A LOT.

#### Use a certified recycler

The e-Stewards nonprofit initiative has a certification program for recyclers that essentially guarantees what happens to your electronics when you're done, so you can feel confident recycling e-waste. Certified recyclers are audited and verified to use "best practices," including provisions that e-waste can't be put in landfills or "processed" using harmful child labor. They call it "downstream accountability": Certified recyclers have proven they're handling electronic waste safely and responsibly at every step of the process. Before you send your waste off to a local recycling program, ask them if they're e-Stewards certified, or go to [estewards.org](http://estewards.org) to find a certified e-Steward recycler.

#### Recycle, recycle, recycle

Many discarded electronics still have

### MOST OF THESE YOUNG BOYS OVERSEAS, WHO ARE PROCESSING E-WASTE WITHOUT PROTECTION FROM ENVIRONMENTAL RISKS, WILL DIE FROM CANCER BEFORE AGE 30.

plenty of potential use in them and don't need to be junked just yet. Big brands—and some entrepreneurs—have already recognized this and created recycling programs and even marketplaces for used gadgets.

*Gazelle.com*, the biggest of the third-party sites, offers cash for your old devices, especially smartphones, tablets, and laptops. They refurbish what they can, and have set up their own resale shop to let consumers buy "certified pre-owned" electronics. This is a great choice if your device isn't broken or too old, like an iPhone from a couple generations back that needs a new battery or screen, for example. Think of it like a used-car dealership: You're trading in an old device for credit toward a new one—which is great if you've got a gently used Civic, but might not make sense if you've got a Gremlin that will probably end up in the scrap heap anyway.

Apple has a similar program, which offers 10% off a new iPod if you bring in an old one for recycling, and trades an Apple gift card for a used phone, tablet, or computer that still has value. The bad news is that Apple makes the decision about how much, if anything, your device is worth; but they do reuse or recycle it for you regardless. Samsung, Sony, and Toshiba are just a few examples of other manufacturers that have buyback, reuse, and recycling programs in place.

Bottom line: If you're replacing a device that may still have life in it, check out third-party sites that focus on refurbishing, not recycling, and manufacturer-based programs that focus on dealing with waste responsibly, either through resale or recycling.

#### Learn to fix things

It's not just a cliché that modern Americans don't repair things, they just throw them away and buy new ones. It's true, and the electronic do-it-yourself advocate iFixit has set out to change that mindset with a repair-focused mission that's part advocacy, part how-to. They've created an open-source site where you can find guides and tutorials for all kinds of electronics repairs, from iPads to toasters, or even add your own repair guide to contribute to the knowledge database. They also sell tools and replacement parts to make repair more convenient and help keep the site afloat without any advertising or corporate bias.

#### Don't get "greenwashed"

When it comes time to buy a new product, beware of "greenwashing," a kind of marketing that promotes a product as green without the facts to back it up. Much like claims about "organic" food, there are a lot of promises that may sound great but mean very little. Checking in with iFixit and Greenpeace is a responsible option.

In addition to showing you how to repair what you have, iFixit also helps you figure out which devices are the greenest because they're easiest to repair and recycle. They call it the "right to repair," and point out that corporate bottom lines actually benefit from disposability, so many manufacturers have taken steps to actually make repair harder, such as setting rules about who can repair their products, and how.

Nikon, for example, will only sell replacement parts to authorized repair stations. Scott Jarvie, a photographer, likens Nikon's repair policies to being unable to take your car to your favorite mechanic, and instead being forced to use the car company's own repair shop. The lack of choice favors the company over the consumer, a fact anyone who's had a car repaired at a questionable dealership can attest to. It's a great argument for checking out iFixit's "repairability guides" and latest blog posts on new devices at [ifixit.org](http://ifixit.org).

Greenpeace publishes a "Guide to Greener Electronics," a resource for looking at the big picture of environmentally friendly electronics manufacturing and recycling. Essentially a manufacturer report card, the guide gives companies from Nokia to Sony a 1–10 rating on a whole range of factors, including use of hazardous materials, conflict minerals, energy efficiency of the final product, and use of clean energy in manufacturing. For the latest updates, check out the "Greener Electronics" section at [greenpeace.org](http://greenpeace.org).

Perhaps "detox" is the best way to think about our problem with tech trash: If we can get over our cultural mindset that "new" is the gold standard, everything is disposable, and the cost of devices is limited to the sticker price, there's a good chance we can make more educated decisions about what we buy, and hold manufacturers to higher standards. We've done it with cars (the Prius was just a twinkle in someone's eye during the '70s gas crisis) and food (the success of Whole Foods proves we care about what goes into our mouths).

E-waste is the next frontier for real environmental change. ■

*Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today and CNN.*

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## GIVE YOURSELF SOME CREDIT

A good FICO score will mean a lifetime of lower interest payments—here's how to make sure it's stronger than ever

**A**s a *Men's Fitness* reader, you no doubt have a head full of stats. You know your weight, your one-rep bench, maybe even your BMI, resting heart rate, and VO2 max. If you wear a fitness band, then you don't go to sleep at night without checking how many calories you burned for the day. ¶ But did you know you also have a three-digit number, somewhere between 300 and 850, that measures your financial fitness? If you score above 760 or so, you'll save tens of thousands of dollars over your lifetime in interest expenses. But if you're in the 500s or lower, you'll pay through the nose when you buy a car, carry a credit card balance, or take out a mortgage—if you can get a mortgage at all.

And thanks to a change this year, you can soon get an even more detailed score—never before available—that'll give you an advantage anytime you deal with a lender.

The number you need to know is called a FICO score, named for the San Jose, CA-based Fair Isaac Corp., which compiles it. It's based on information gathered by credit-reporting agencies that track your every financial move and know if you've been paying your bills on time, how much you owe on your credit cards, and whether you've applied for a loan.

In short, FICO uses that information to predict the likelihood that you'll pay back a loan. The greater the likelihood of repayment, the lower the interest rate. So, in real dollars, at recent interest rates, a borrower with a FICO score above 760—a Chris Hemsworth in terms of financial fitness—could get a \$300,000 mortgage at 3.25%. That equals monthly payments of \$1,300, for a total interest tab of about \$168,000 over 30 years. Compare those terms with someone on par with Seth Rogen's physique. If you score a slovenly 620–639, the average bank would charge you 4.8% on that same \$300,000 loan, or \$1,575 a month, for a total of \$267,000.

If saving \$99,000 sounds like a good idea, follow these five steps.

### STEP 1 TRACK DOWN YOUR SCORE (WHICH ISN'T EASY)

Given that any used-car salesman can pull your score on a moment's notice, it's harder than it should be to get it for yourself. But the simplest path to getting your score is to have a credit card with the following banks or credit unions, which give cardholders their FICO scores: Barclaycard, Citibank, Digital Federal Credit Union, Discover, First National Bank of Omaha, and Pentagon Federal Credit Union.

The federal government is prodding more financial institutions to follow suit, and Chase and Bank of America recently announced they'll be making the scores available to cardholders this year. You can also get an approximation of your score for free from many different sites, including [creditsame.com](http://creditsame.com), [creditkarma.com](http://creditkarma.com), and [myfico.com](http://myfico.com). Or you can go directly to the source: For \$19.95, FICO ([myfico.com](http://myfico.com)) will tell you your score and provide you with a credit report.

Underneath the broad FICO score are industry-specific scores tailored to types of loans. Consumers never had access to those

Portrait: Jimmy Fontaine



by Jack Otter

numbers until February. "It's a huge deal," says John Ulzheimer, the credit guru at *creditsesame.com*. "If I want an auto loan, I don't care about the credit-card score I just got from Citibank. I care about the auto-loan number."

Finally, you also can—and should—get a free copy of your credit reports through *annualcreditreport.com*. If your FICO score is not as high as you'd like, the reports will tell you why. Reviewing credit reports is also a useful exercise because they may contain errors, and you'll want to get those corrected before you apply for a loan.

## STEP 2 PAY YOUR DAMN BILLS ON TIME

The single most important step you can take is to make note of the due date on bills. Then make sure your payment lands by that date. "It's one of those 'no shit' pieces of advice," says Ulzheimer. But the fact that it's obvious doesn't make it any less useful: FICO says that payment history accounts for 35% of your score.

## STEP 3 FLAUNT YOUR (LITTLE) DEBT

According to Ulzheimer, your credit card debt should be 10% or less of your total credit available. The best credit profile: fewer cards, with low debt and high credit limits on each. If you run a small business, put those expenses on a small-business credit card that reports your activity to a business-credit reporting agency. That not only protects your personal score but allows your business to build its own credit profile. Even if you pay off your credit card debt in full each month (which I hope you do), your current balance will show up on your credit report as debt. So here's a trick from Ulzheimer: Right before you apply for a loan, pay off your entire credit card balance. That way your debt on the card will show up as \$0.

## STEP 4 STAND PAT

If you're planning to apply to, say, buy an apartment, don't submit the loan application until you're actually ready to pull the trigger. While not as important as payment history and credit utilization, keep-

## Be the smartest (money) guy in the room

Expert personal finance advice from Jack Otter—free of charge!

### Go long on energy

■ When the price of oil fell, so did energy stocks. That means now is a good time to invest in the long-term. Buy through Vanguard Energy ETF, which gives you exposure to 162 companies and yields 2%.

### Avoid that extra health cost

■ Thanks to the Affordable Care Act, look for a new entry on your tax forms labeled line 71 on form 1040 and line 11 on 1040EZ. Check it, or you'll get dinged \$95 by the IRS.

### Do an insurance switcheroo

■ Even if you don't need a new car insurance policy, you should consider one. Many insurers actually penalize customers by raising their rates each year. Don't let them!

ing your reports free of inquiries—each time you apply for credit it triggers an inquiry—can help. Ideally, you should have no credit inquiries for 12 months before applying for a mortgage. Don't delay buying that condo just to push your last credit inquiry further into history, but if you know you'll be applying for a mortgage soon, try to avoid applying for any other credit in the meantime. And whatever you do, don't sign up for some piddly store credit card to save 10% on a \$150 purchase, risking a ding to your score that could bump up your mortgage rate.

## STEP 5 STICK WITH THE OLD

When it comes to your FICO score, credit cards are similar to first-growth Bordeaux: They get better with age. The FICO formula rewards you for having used the same card or cards for five or even 10 years. Of course you can't magically increase the time that Capital One has been in your wallet, but make a policy of finding a good credit card and sticking to it. If you pay off your balance in full, use a generous cash-back or travel-rewards card. If you carry a balance, go for the lowest interest rate you can get. ■

*Jack Otter is the author of Worth It...Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.*



# "I'M TOTALLY LISTENING"



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## Polish your game

Several new men's shoemakers are selling expertly crafted, Ferragamo-quality kicks online at near-bargain-store prices. Here are the ones you need to fill your closet with immediately.

W

**HEN THE** designer Hardy Amies, one of the true menswear

icons of the 20th century, remarked, "It is totally impossible to be well-dressed in cheap shoes," he wasn't wrong. After all, for eons really great premium-leather dress shoes—those spit-shined oxfords, loafers, or brogues you wear for job interviews and first dates—have been as much an investment as they are fashion pieces. But more and more lately, as online companies from Warby Parker to Bonobos continue to drive down prices on traditionally high-end goods by cutting out middlemen, we're seeing a truly remarkable fashion first: Ferragamo-quality kicks at Cole Haan prices.

Now, before you whip out your Amex card and start scouring the Web, know that shopping for shoes online requires a basic understanding of cobbling. For that, I tapped two experts: Sue Saunders, from the London College of Fashion's cordwainers course, the world's top shoemaking school, and Australian shoe designer Sebastian Tarek. Both

Shoes, from top:  
PAUL DRISH;  
JACK ERWIN;  
THURSDAY BOOT CO.  
Want it?  
See page 140.

Styling by John Olson/Halley Resources

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of these shoe gurus emphasized over and over that when you're shopping for new "affordable" shoes, regardless of style or brand, leather quality is paramount.

According to them, shoe leather is graded from A to C. You want to steer clear of the cheapest skins—and trust me, there are a lot of C-grade shoes sold online. So ask a company's customer service about the grade directly. If they don't know or won't tell you, activate that zoom view on the website: If you see a smooth, even surface on the leather where you should see the occasional hair dimple, it's ersatz and embossed—do not buy. Also, study the area where the shoe and sole are joined. You should see clear evidence of stitching. When you're reading the write-ups, look for key terms like "Goodyear-welted" or "blake-stitched," which are age-old cobbler techniques that indicate a lasting quality.

Finally: the fit. Your best indication of comfort is the provenance, so scan the label. If you have wider feet, look for shoes from Italian or Brazilian factories, which tend to offer softer and lighter styles. If you have longer, more slender feet, try Spanish shoes, which are stiffer and narrower. (If you're buying American: Sorry, dude, the fit's all over the place.)

And though Amies would have told you that dress shoes are entirely about style, not comfort—and *definitely* not about physical health—we beg to differ. "A slightly higher heel is better for posture and spinal alignment, and it's more comfortable," says Saunders. Ideally, you should aim for around an inch, even a little higher, she explains. So bear that in mind when you're cruising these companies' websites. I did.

Here are my personal favorite high-end shoe brands you've never heard of.

Boots:  
JACK ERWIN



JACK ERWIN  
SHOES ARE  
CRAFTED IN  
SPAIN FROM  
ITALIAN AND  
FRENCH  
CALFSKIN  
LEATHER.

## FOR A JOB INTERVIEW

JACK ERWIN (JACKERWIN.COM)  
PRICE: MOST STYLES ABOUT \$200

■ This brand-new shoe company, which specializes in classy wingtips and brogue boots, was founded by two buddies in New York who couldn't find great shoes for a wedding. (This company is so brand-new, in fact, that its Soho office doubles as home for its founders, Lane Gerson and Ariel Nelson). But their shoes are superbly well-crafted in Spain from Italian and French calfskin leather and are blake- or Goodyear-stitched. The styles are classic and unfussy—my favorite is the Joe (\$195), a preppy cap-toe that pairs well with suits and jeans. Bonus: Erwin offers gratis shipping and returns, so you can assess pairs for free, or just stop in the fitting room at its new retail space in NYC.

## FOR A HOT DATE

PAUL DRISH (PAULDRISH.COM)  
PRICE: MOST STYLES \$250-\$275

■ No doubt the most fashion-forward of the group, Paul Drish is the brainchild of Arveena Ahluwalia, whose family has been making shoes in India for other brands for more than 25 years and who created the label after spotting the potential in selling direct to consumers. The shoes are made from A-grade leather, and all shipping is free; there's even a \$20 credit on your first return toward a new pair of shoes. The line also launched its own "Accu Foot Size" smartphone app, which helps you size your foot in just minutes. The only issue: There are some clear missteps in the huge collection, notably some of the more decorative styles, so stick with the simpler

versions, which aren't quite as edgy and pointy-toed, and you can wear them both Friday night and Monday morning.

## FOR THE WEEKEND

THURSDAY BOOT CO. (THURSDAYBOOTS.COM)  
PRICE: \$199 PER PAIR

■ There's something refreshing about this aptly named firm, which focuses solely on boots that can be worn from the more casual end of the week and onward into just about any social situation. Not even a year old, the New York-based start-up makes its Goodyear-welted boots at high-end factories in Mexico, one of which has the distinction of being the sole leather provider to the NFL for their footballs. Thursday Boot Co. is the only firm that's come up with a solution to the challenging fit process: It has embedded a printable Brannock Device (the official name for the foot-measuring gizmo you might remember from childhood) into the size guide so you can measure your own foot.

## FOR HITTING THE BARS WITH BUDDIES

SCAROSSO (SCAROSSO.COM)  
PRICE: FROM \$170; CUSTOM SHOES FROM \$270

■ Founded by two European MBAs, Scarosso heavily touts its Italian manufacturing and premium calf leather from Tuscany. The designs are sophisticated, and you can customize every detail of a made-to-order pair, NikeiD-style, from color to decoration. Unfortunately, the European firm's cobbling biz is hobbled by import-related red tape stateside: Even if returns are free, you can rack up costs just to sample the product. Regardless, these are must-have shoes.

## FOR GUYS WHO USUALLY WEAR TOMS

NISOLO (NISOLO.COM)  
PRICE: FROM \$144 PER PAIR

■ Nisolo hails from northern Peru, where, until recent years, traditional shoemakers struggled to adapt to the modern market. Not anymore. Nisolo, co-founded by Patrick Woodyard and Zoe Cleary, employs more than 40 people full time to make its range of shoes and boots, specializing in more casual styles like the chukka or desert boot. Unfortunately, the soles are welted without Goodyear construction, which somewhat undermines their durability. But these are the cheapest of the bunch, and solid shoes. Plus, Nisolo offers free returns, exchanges, and full refunds to boot. ■

Mark Ellwood is the author of *Bargain Fever: How to Shop in a Discounted World*.

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He's the most famous former nightclub bouncer in the world, a high-octane movie star steering not one but four enormous film franchises. But as *Furious 7* races into theaters this month, Vin Diesel stops to teach us a master class in confidence and getting your way—two skills worth knowing, whichever side of the red-velvet rope you're on.

BY KARL TARO GREENFELD  
PHOTOGRAPHS BY ERIC RAY DAVIDSON

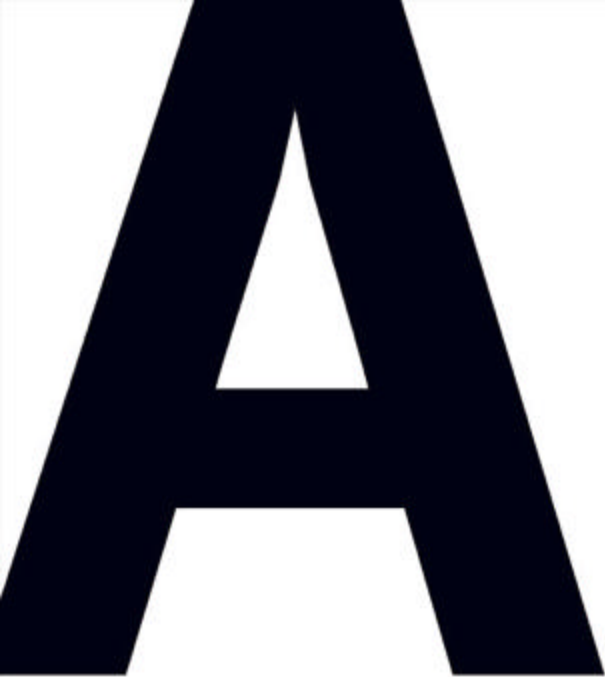
# Vin

**DIESEL  
CALLS  
THE  
SHOTS**



CLOTHING:  
T-shirt: DIESEL  
Jeans: G-STAR

Want it?  
see page 140.



A basket and ice chest are lugged in by Vin Diesel's anime-eyed assistant, Tiffany, who artfully arranges several square yards of breakfast on the table outside the studio where Diesel is booked to do vocal overdubs for *Furious 7*, the latest installment in one of his four massive film franchises. But Diesel is still on the road, in the passenger seat of a black Cadillac Escalade,

inching through San Fernando Valley traffic on the way to the Warner Bros. lot, miles of freeway between him and the oatmeal and breakfast burritos, French toast, pancakes, smoothies, and juices—more breakfast than one man could possibly eat—that are fanned out across the table like some Department of Agriculture food-group chart. Tiffany, a Salt Lake City native who's been Diesel's assistant on his last three pictures, shrugs when asked why this much breakfast. "I just figure I'll get it all," she says, "and that way we're sure he gets what he wants." Which is what Vin Diesel usually does.

When Diesel arrives, his side-to-side, arms-rolling gait takes up a lot of hallway. His aviators never leave the bridge of his nose. He wears Nike cross-trainers, jeans, a gray T-shirt with "Alberto Crane Jiu-Jitsu" on the chest and a pair of maned-lion logos at each shoulder. He sits down, glasses bobbing on his long nose as he does an appraising little sniff of the spread, and says, "So what's up? Give me something good."

What do you say about Vin Diesel? That he's well-built? Muscled? Huge? Okay, sure. At this point, he is all those things, but there are probably a million meatheads out there who are bigger, stronger, and more ripped, and they aren't doing what Diesel's doing, rescuing not just leading ladies but entire tent-pole franchises, as he did with both the *Fast & Furious* and *Chronicles of Riddick* sagas. And last summer he was introduced to a whole new generation of fans by voicing Groot, the most beloved character in the highest-grossing film of the year, *Guardians of the Galaxy*—franchise No. 3. Clearly Diesel's more than just those muscles, abs, thighs, and delts—that carapace earned through what looks like a life strapped to a weight bench.

He and his partner, Paloma Jimenez, the woman he calls the "Mayan princess," have two kids and are building their dream house in the hills not far from here, a process he concedes is more her responsibility than his. His input: a rain garden. "How about that?" he says. You build a space that's designed for the rain. I know that sounds crazy. What if there were a rain garden so there would be one spot in your house that, when it rains, it's a beautiful oasis?"

Rain garden? In perpetually parched California, going into, like, its fifth consecutive year of drought?

Diesel laughs. "You're right. I know it's a stupid idea. Forget it. That's not going to look good on the résumé: 'He designs rain gardens.'"

He starts on an egg-white burrito, dumping salsa and guacamole on it, taking four surprisingly delicate bites, then drops it. He doesn't touch the rest of the food.



DIESEL, WHO WAS BORN MARK SINCLAIR VINCENT, WAS RAISED by his African-American acting-teacher stepfather and Caucasian astrologer mother on New York's Lower East Side. He'll tell you he's never met his biological father, sort of dropping it into the conversation and letting it sit there, then going on to say that he's not black, white, or Latino—he's all of those things. "It's all of the me, me, and me in me that gives me strength."

He'll also tell you that, when he started acting as a kid, doing theater in New York, there was no such thing as an action hero, and he didn't want to be one. There were actors who did action pictures. "Charles Bronson wasn't initially an action hero," he says. "He was a guy who did Westerns. *Rocky* wasn't an action movie; Stallone was this fit guy who could play a boxer."

All of which posed a problem for the preternaturally muscular Diesel, who was already break-dancing at the nightclub Danceteria, hanging out with the Beastie Boys, then earning money as a bouncer at '80s Manhattan clubs like the Tunnel and Mars.

"In New York, when you were bouncing, you went every night to the club for the fight. And the sooner the fight happened, the more at ease you'd be. The tension broke." Diesel loved the perks of the job, knowing every doorman at every hot spot, getting free drinks, free clothes: "All I had to do was say I'm a bouncer at the Tunnel."

But most nights, after an evening cleaning out the riffraff, instead of continuing the party at some after-hours

**"I used to do fight scenes with people and they'd end up in the hospital by accident," Diesel says.**

Styling By Jeanne Yang/The Wall Group; Makeup For Vin Diesel By Roxxy Palonzo; Hair By Gui Schoedler/Exclusive Artists; Management: Makeup By Nichole Serin/Artmix; Prop Styling By Ward Robinson





T-shirt: DIESEL  
Jeans: G-STAR  
White dress: HALSTON  
Black dress: BLACK  
MASON

spot, Diesel would play *Dungeons & Dragons* with a group of artists until eight in the morning. “I was the only bouncer in the world playing *D&D*, and the guys couldn’t believe it. If I had a night off, instead of partying with the most beautiful women in the world, I was playing *D&D*. We were heading to the supply shop, modifying the game rules, creating new rules. That’s why Gary Gygax [co-creator of *Dungeons & Dragons*] on his deathbed said he wanted me to tell his story”—a possibility Diesel says he hasn’t ruled out.

Buff bouncer by night, fantasy-role-playing geek by day—but none of this fit into Diesel’s long-term plan of becoming, in his words, “the next Clark Gable.” So despite making some headway as a stage actor in New York, he moved to Los Angeles in 1994.

“I remember looking at all the bouncers in front of the Tunnel and saying, ‘See ya, suckers!’” he recalls.

Diesel bought himself a 1967 Pontiac Ventura convertible, rented

an apartment in the Valley, and proceeded to fail spectacularly in his plan to make it in Hollywood. “I was thinking Hollywood hasn’t seen anything like me since Clark Gable. A year and a half went by, and I didn’t even have an agent.” Casting directors and talent agents didn’t know what to make of him. What the hell was he—black? Latino? White? Multiculturalism was a college course back then, not a selling point for a young actor (much less the description of a president). Diesel couldn’t be typecast, which meant he couldn’t be cast, period.

What he did have was his New York accent and a job as a telemarketer. “Man, I thought auditioning was hard. I didn’t realize what hard was until I had to cold-call to make a dollar. I’d be like, ‘Yo, this is Joey down at the freight company, and we’ve got a special on blah blah blah.’ It’s all just acting. And I was really good because I had this New York thing going on.”



The experience gave Diesel the confidence that he could always hit the phones when he needed money. “I knew I could make a dollar, no matter what.”

He surveys the huge spread of food in front of him. “Let’s take a walk.”



**DIESEL’S STANDING IN THE SHADE OF A STUCCO AWNING, AMERICAN Spirit cigarette between index finger and thumb, rocking back and forth. When he’s telling you his life story, he shakes his head, as if he can’t believe this shit himself. Not the fact that he’s here, on a movie lot, waiting to put the finishing touches on a \$250 million film—a project he’s completing after losing his “brother,” fellow *Fast & Furious* actor Paul Walker, in a car accident in November 2013—but the crazy notion that he basically had to give up on the whole idea of being a leading man to actually become one.**

**“Once I started really training, I got this sense of confidence. I realized I had these genetics. If I was in the gym, I was going to have a sick body. And that’s all I had.”**

What was holding him back? “This face,” he says, putting a hand around his mug. “Hollywood wasn’t ready for this face.” America during the ’90s, Diesel says, wasn’t quite ready for a multiracial actor, much less leading man. He describes himself as being of “ambiguous ethnicity” and says, “Back then, being multicultural, it just didn’t work. No one was hiring anybody like me, let alone letting that person become a leading man or a mega-seller. It didn’t exist.”

Yet at the same time, Diesel was becoming more and more aware of his own imposing physicality, if not as a means to earn a living, then as a source of identity.

“Once I started really training, I got this sense of confidence,” he says. “I realized I had these genetics, that if I was in the gym, I was going to have a fucking sick body. And that’s all I had. I didn’t have money. I wasn’t booking anything. I was struggling. But once I had the body—this was when bodybuilding really started, and if you were built and walking down the street, it was just cool.

“I was so ambiguous in every other aspect that the physical part was important to me. That’s all I had.”

After failing spectacularly in Los Angeles—but tele-selling several containers worth of tool and die sets—Diesel moved back to New York. “I was driving a truck for this catering company on the Upper East Side, and there was this chef, Adam, who made a short film. I went to the screening, and I looked around the room, and there were, like, hundreds of people, and all these people were there to watch this guy’s movie with all this excitement and enthusiasm. I thought, ‘This is what I want to do. I mean, I had never seen a short film before.’”

His mother bought him the book *Feature Filmmaking at Used-Car Prices*. Diesel went back to telemarketing and raised the cash for his first project, *Multi-Facial*, a short film he produced, wrote, and directed, envisioning as a sort of farewell to acting as well as a tribute of sorts to all the auditions during which directors would ask him to either rap or play a caricature of a young Italian hood, to be more black or more white. Diesel cast himself as the star, an incessantly auditioning actor playing a virtuosic range of characters.

But what he intended as a kiss-off to the industry turned out to be the perfect audition tape: *Multi-Facial* landed him his breakthrough feature role, as Private Caparzo in the 1998 Steven Spielberg-directed classic *Saving Private Ryan*.

Diesel shakes his head. “I was done. I’d decided to write my own films. And then here comes *Saving Private Ryan*, and I didn’t even have health insurance from SAG while I was doing the D-Day invasion.”

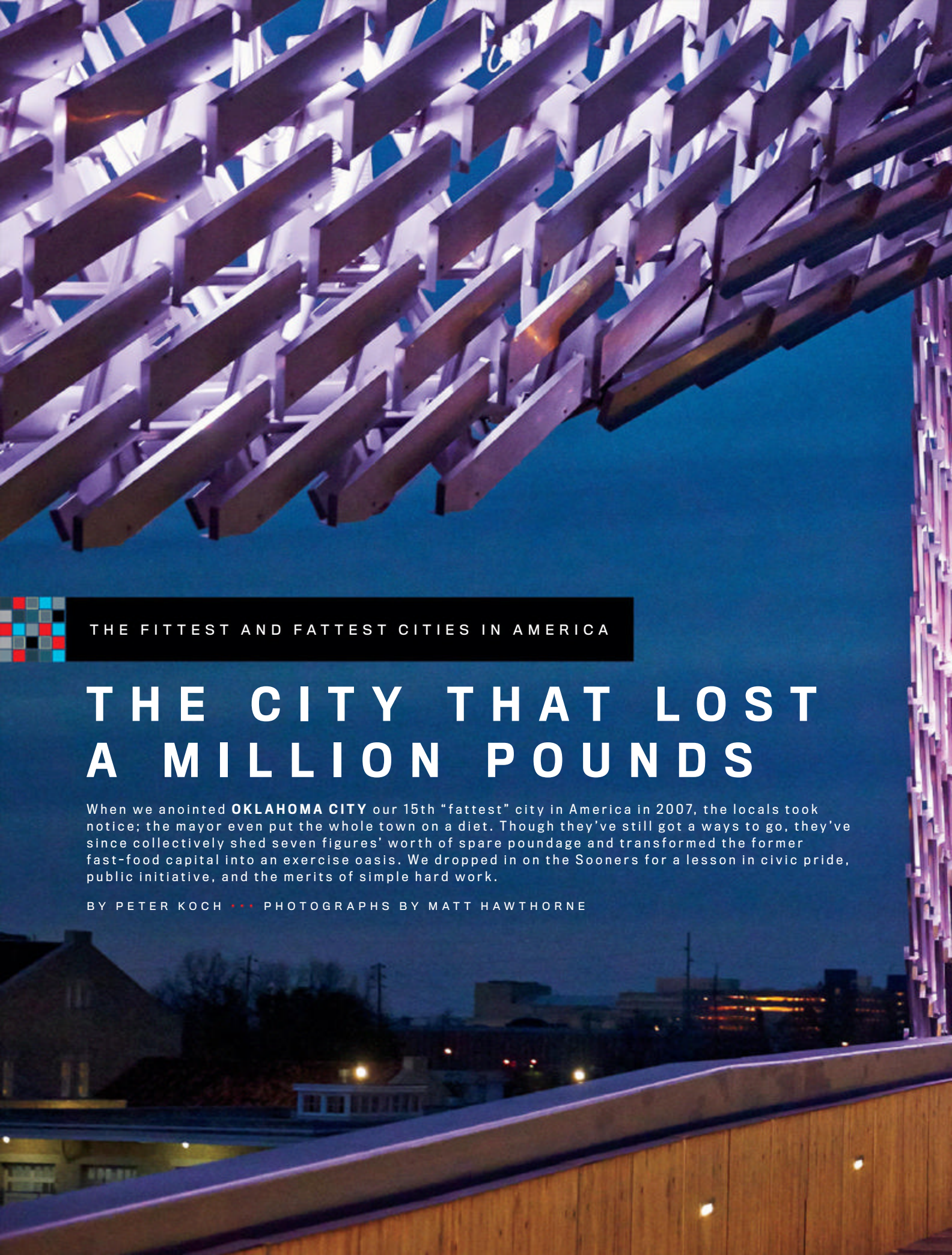
A delivery boy in a yellow safety jacket cautiously approaches, holding up a phone, not even asking but sort of meekly gesturing that he wants to take a selfie with Diesel.

“Come on!” Diesel says, throwing an arm around the kid.



**HE’S HAD A UNIQUE CAREER, FOLLOWING *SAVING PRIVATE RYAN* with other quality films like *Boiler Room* and the Sidney Lumet-directed *Find Me Guilty*, broad comedies like *The Pacifier*, and franchise-spawning hits like *Pitch Black*, which begat the *Riddick* series, *XXX*, *Fast & Furious*, and his biggest box office hit to date, *Guardians of the Galaxy*. Total career box office: \$4.1 billion.**

He’s also fully aware of the difference between being a movie star, which he is, and being an actor who’s taken seriously and gets Oscar



THE FITTEST AND FATTEST CITIES IN AMERICA

# THE CITY THAT LOST A MILLION POUNDS

When we anointed **OKLAHOMA CITY** our 15th “fattest” city in America in 2007, the locals took notice; the mayor even put the whole town on a diet. Though they’ve still got a ways to go, they’ve since collectively shed seven figures’ worth of spare poundage and transformed the former fast-food capital into an exercise oasis. We dropped in on the Sooners for a lesson in civic pride, public initiative, and the merits of simple hard work.

BY PETER KOCH ••• PHOTOGRAPHS BY MATT HAWTHORNE





SEVEN YEARS AGO, MICK CORNETT APPEARED TO HAVE LOST HIS MIND. MIDWAY THROUGH HIS SECOND TERM IN OFFICE, THE MAYOR OF OKLAHOMA CITY CALLED A NEW YEAR'S EVE PRESS CONFERENCE AT, OF ALL PLACES, THE CITY ZOO. STANDING IN FRONT OF THE ELEPHANT ENCLOSURE TO DRIVE HIS POINT HOME, WITH TV CAMERAS ROLLING AND JOURNALISTS LOOKING ON, HE TOLD THE GOOD CITIZENS OF HIS CITY THAT THEY WERE FAT. NOT ONLY THAT, BUT THEY NEEDED TO FIX IT. "THIS CITY IS GOING ON A DIET," HE DECLARED, "AND WE'RE GOING TO LOSE A MILLION POUNDS."

The mayor's audacious "pep talk" was a rare moment of political honesty, not to mention the kind of overreach that routinely kills political careers. But Cornett saw obesity as a health epidemic of crisis proportions and an image problem that was weighing his city down—and he knew it wasn't going away on its own. "Nobody wants to hear that they need to go on a diet," he says today, "but I felt that the conversation was important and we needed a program to address obesity." In 2007, 29.5% of the population engaged in zero physical activity, 25% smoked, and 25.4% were obese.

Of course, this problem isn't unique to Sooners. In fact, as we at *Men's Fitness* discovered when we fanned out and reported our exhaustive annual roundup of the fittest and the fattest cities across America (for which we employ a 15-point proprietary formula that includes air quality, pedestrian- and bike-friendliness, and general well-being), on the whole, Americans are overweight by an average of 23 pounds. Even in poster cities for good health—San Francisco, Denver, and Seattle—with their active citizens, outsize number of gyms, favorable climates, and overflowing abundance of socially conscious hipsters, more than half of all people are overweight.

Now this is all sobering news. And we don't mean to get all preachy about it, but it's not a good thing. So in this year's civic rundown, we decided to break form with the past. Rather than take this opportunity to extol the virtues of our fittest cities—say, touting No. 11 Miami for nurturing a CrossFit craze or lavishing praise on the incredibly clean air breathed in No. 21 Tucson—we decided to look for inspiration in the unlikelyst of places: Oklahoma City.

Today, one can look at Cornett's full-frontal assault on poor diet and a sedentary lifestyle as a ballsy move—but it's been nothing short of effective. Fifty-one thousand citizens collectively shed a million pounds, and Cornett's "OKC Million" campaign sparked a new public dialogue around health and fitness that led to the people of Oklahoma City taxing themselves to fund exciting projects—including a whitewater course, a new downtown park, and a modern streetcar system—that today are transforming downtown OKC into a vibrant, walkable, more fitness-oriented, and, ultimately, more livable city. It may not have cracked our top 25 fittest yet, but—make no mistake about it—Oklahoma City's unfolding success story can teach us all a thing or two about fitness.



So—how exactly did these brave Oklahomans turn their city around? I spent a full week scoping out the city's burgeoning fitness scene, and here's what I discovered.

## They turned a cesspool into a scenic river

• • • THERE'S A SERENE, PARK-LINED RIBBON OF WATER THAT FLOWS SOUTH OF downtown Oklahoma City. Just over a decade ago, this was little more than a grass-choked drainage ditch, the victim of a 1920s-era Army Corps of Engineers flood-control project. But in the late 1990s, work began to restore a seven-mile stretch of river. Today, the former cesspool is called the Oklahoma River, and its waterfront is teeming with the sort of activity you'd expect to see on Boston's Charles River.

Joggers and cyclists train on recreational trails that hug either bank and, out on the water, more than a few rowers rhythmically pull at the oars of their racing shells while coxswains bawl them onward. There's



**Finding their footing:** The Rocktown Climbing Gym, housed in a 155-foot-tall former grain elevator, caters to troubled youths.

a buzzing Boathouse District, where investments in state-of-the-art boathouses have given rise to—more than 1,000 miles from either coast—one of the nation’s liveliest rowing scenes.

The Devon Boathouse, a striking glass-and-steel structure designed to resemble a boat skimming across water, is an ultramodern training center for elite rowers, kayakers, and canoeists. Inside, America’s Olympic hopefuls have access to high-tech facilities that include an altitude chamber, an “endless pool” swimming tank, the world’s first dynamic propulsion rowing tank, and, of course, all of the best weight-training gear. Outside, an arrow-straight, 2,000-meter stretch of the river is fast becoming the world’s most advanced flat-water racecourse, complete with stadium-style lighting, broadcast-quality HD cameras, and a finish-line tower packed with the latest timing gear.

“I had stereotyped Oklahoma every possible way before I came here,” says Joe Jacobi, a whitewater canoe gold medalist and the former head of USA Canoe/Kayak, as he surveys the river from a viewing deck within

the Chesapeake Finish Line Tower. “But the people of Oklahoma voted to spend their own tax dollars to build all this.” In OKC, elite athletes have access to flat-water racing courses, as well as top-notch equipment, coaching, scholarships, job programs, apartments, food, and sports medicine. And, last fall, ground was broken on Riversport Rapids, an 11-acre whitewater rafting and kayaking center that will generate up to Class IV rapids in two man-made channels alongside the river.

While Jacobi’s been deeply involved with the training of top-level athletes, he’s quick to point out there’s more to the Boathouse District. “We’re a U.S. Olympic training site here, but we deal with much more than elite athletes. Unlike the U.S. Training Center in Colorado Springs, there’s no fence around our facility, no security gate. We’re completely open to the public.” And he means it. Dozens of local businesses field more than 70 corporate teams in which hard-bodied weekend warriors pull the oars with secretaries and soft-middled executives for three solid months of practice, then compete in an exciting nighttime regatta



**The man with the plan:** In 2007, Oklahoma City Mayor Mick Cornett challenged his citizens to lose a million pounds. In the process, he lost more than 40 pounds himself.

under the lights. Three area universities have begun varsity rowing programs in the Boathouse District, while several youth programs work to develop local talent. And, for just \$50 a month—little more than a YMCA membership—everyday Oklahomans have access to all the elite training facilities and fitness classes, as well as kayaks, bikes, and standup paddleboards for outdoor fitness and adventure.

## They turned a tragedy into a building boom

• • • WHEN YOU VISIT OKLAHOMA CITY TODAY, IT'S HARD TO WRAP YOUR HEAD AROUND how far it's come. In the 1970s, a failed urban renewal program demolished hundreds of downtown historic buildings, and funding dried up before they could be replaced. An oil slump in the 1980s gutted Oklahoma's economy, causing more than 100 banks to fail across the



"I CONCLUDED THAT WE'D BUILT AN INCREDIBLE QUALITY OF LIFE—IF YOU HAPPENED TO BE A CAR," MAYOR CORNETT SAYS. TODAY, THE PEDESTRIAN-FRIENDLY DOWNTOWN OKC IS ALIVE AND KICKING.

state. There was mass out-migration as educated young people left town to find work. It was so far gone that, in 1988, City Councilman I.G. Purser famously declared, "Downtown is dead, and we helped kill it. There's no major retail, no major attraction, and no place to eat."

City leaders sought a "silver bullet" solution by offering United Airlines \$100 million in tax incentives to locate a sprawling aircraft-maintenance plant there that would create 5,000-plus jobs. In the end, United chose Indianapolis because, its CEO said, he simply couldn't imagine his employees living in Oklahoma City. It was a hard truth, and it forced then-Mayor Ron Norick to rethink economic development—the city would have to pull itself up by its own bootstraps and make itself a better place to live. He pushed a series of nine major projects totaling \$363 million—including a ballpark, a sports arena, a downtown canal district, and river restoration, collectively called the Metropolitan Area

Projects (MAPS)—that would improve quality of life and be paid for by a five-year sales tax increase of one cent. At the end of 1993, voters narrowly approved the plan, and a cautious optimism swept the city. But MAPS was slow to develop—there would be no borrowing, so each project had to be fully funded before work could begin.

But before a single shovel had gone into the ground, disaster struck the hard-luck city. At 9:02 a.m. on April 19, 1995, Timothy



## THE TOP 10 FITTEST CITIES IN AMERICA

WITH RESULTS ARRIVED AT USING THE MEN'S FITNESS PROPRIETARY FORMULA, WE PRESENT THE HEALTHIEST, MOST ACTIVE LOCALES FROM COAST TO COAST

### No. 1 San Francisco, CA

■ There's a perfect storm of fitness brewing here: year-round mild weather, high density that encourages public transit use and walkability, great bike infrastructure, and the kind of affluence that can support a natural health food store on every other street corner. The only thing that could topple it—besides, say, an earthquake—is its smog.

### No. 2 Washington, D.C.

■ D.C. surged into second, riding the rear wheel of its fast-growing bike-commuter population, which doubled from 2009 to 2013. Locals stay trim by eating healthy (inspired by FLOTUS's veg garden?) and hitting the city's 800-plus gyms.

### No. 3 Denver, CO

■ The Mile-High City has the best of both worlds: a mild climate (nearly 300 sunny days!), which promotes biking and running, and the outdoors playground that is the Rocky Mountains. No wonder Denverites are the nation's most active.

### No. 4 Seattle, WA

■ Breathe deep in the Emerald City and you'll smell ocean and evergreen. On the sea, between soaring peaks, Seattle sits in a sprawling wilderness that beckons all to play outside even in piss-poor weather. Failing that, they can get their WODs on at a legion of CrossFit boxes.

### No. 5 Minneapolis, MN

■ Minneapolis' cycle-friendliness owes much to the 50-mile Grand Rounds bikeway and newer riding trails that are kept plowed through winter. But the city also has one of the nation's best-maintained park systems—the Parks & Recreation Board—for hiking, canoeing, and swimming.

### No. 6 Boston, MA

■ Home to the nation's first subway, Boston is still a leader in public transit and walking. Last year the city also passed zoning to encourage commercial urban farming, and building recently began on the year-round Boston Public Market.



*Surging ahead.*  
SF2G, a cycling club in San Francisco

### No. 7 Portland, OR

■ 2014's Fittest City still sets the gold standard in bike-friendliness; but Portlanders are also among the nation's most physically active people, getting their kicks in their beautiful surrounds—including the nearby Pacific Ocean, Mt. Hood, and the Columbia River Gorge.

### No. 8 Oakland, CA

■ For years, Oakland has ridden San Francisco's coattails, shepherding in its rent refugees and even its expanding companies. So it's no surprise it's pretty fit, too, boasting a hyper-active population with access to the second-most gyms and health clubs per capita.

### No. 9 San Jose, CA

■ In the emoticon heart of Silicon Valley, the skinny tech entrepreneur stereotype seems to be borne out, as San Jose boasts more healthy-weight people than anywhere else. And the hippie-dippie mindfulness fad may be paying off, as locals also report the highest well-being.

### No. 10 Long Beach, CA

■ Nowhere is SoCal's body-obsessed reputation as clear as it is in Long Beach, where locals can pump their pecs at about twice as many health clubs/gyms as in the rest of the U.S. And who can blame them? With all that sun and surf, there's little reason to wear a shirt.

McVeigh detonated a truckload of explosives in front of the Alfred P. Murrah Federal Building. The explosion ripped through the structure, killing 168 people in the nation's deadliest act of domestic terrorism.

But rather than weaken the city, in the following months it seemed to harden Oklahomans' resolve. "It was as if the citizens of this city reached out and grabbed hands," Cornett says, "and pulled each other up." From the wreckage, a new and lasting sense of hometown pride and unity emerged as people made a conscious decision to rebuild OKC. Political differences were set aside and the MAPS projects moved forward, beginning with the Bricktown Ballpark (1998) and Bricktown Canal (1999), and continuing through to the Ford Center (2002)—later Chesapeake Energy Arena, which would help lure the Seattle SuperSonics basketball team—and Oklahoma River restoration (2004).

Now on the last Sunday morning of every April, the city hosts the Oklahoma City Memorial Marathon, an event that raised \$1 million in 2014, which went directly to the Oklahoma City National Memorial & Museum. "It's not even an act of health and wellness," says Jacobi of the race. "It almost feels like a civic obligation to get out and do this thing. It is so emotionally connected to who we are and what we do."

The marathon has also fueled something of a local running craze. The best place to see that is on a Saturday morning training run

with the Oklahoma City Running Club's Landrunners. For 16 weeks leading up to the OKC (spring) and Tulsa (fall) races, the club hosts highly organized weekly marathon prep runs—complete with regular water stops and pace groups—that consistently attract a stampede of 400-plus runners. "I started training with the club in 2004," says the Landrunners' Chuck Mikkelsen, "and we would have about 25 people on a big day; but each year it grew a little bigger."

## They got all "fresco" with their fast food

• • • OKLAHOMA CITY WAS DUBBED THE "FAST-FOOD CAPITAL OF AMERICA" when, in 2007, it was revealed that a full 55% of residents patronized fast-food joints at least a dozen times a month (and many went twice that often). It's a fact Cornett was keenly aware of when he launched his diet program. "You can't exercise your way out of obesity; it's almost certainly about what you eat and how much you eat," he says. "And we never backed down from that."

Rather than taxing fast food and turning the private sector's vast marketing war chest against his cause, he worked with chains and local restaurants to promote healthier eating. Taco Bell's "Fresco" menu, featuring nine items with less than 9 grams of fat, became the "official



**They floated an idea:** The waterfront of the Oklahoma River, a former drainage cesspool, was turned into an official U.S. Olympic training site that's also open to the public.



menu” of Cornett’s diet challenge. Local restaurants named salads and healthy sandwiches after him.

Today, Matthew Burch continues that work, providing the people of OKC with affordable fresh, local food options. Less than a mile southwest of downtown, in a small redbrick building behind the old Farmers Public Market, he runs Urban Agrarian, a local food retailer and distributor. Inside, shelves and coolers are stocked with a bounty of provisions—flours, honeys, jerkies, salsas, jams, meats, milks, cheeses, butters, baked goods, fruits, vegetables, eggs, yogurts, and breads—all sourced from within the state.

Growing up in Oklahoma City, Burch was as unsophisticated as most food consumers, even after years of working in food service. But reading Michael Pollan’s *The Omnivore’s Dilemma* changed the course of his life, inspiring him to find work at an organic grocery store, where he became produce manager. From there, he went to work on an organic farm in coastal Georgia. “I’d never seen blueberries growing or squash in the field,” Burch says. “I was a city kid—I didn’t know much about any of that. But I really enjoyed the work.” And with his experience in food service, he felt comfortable drumming up business for the farm by bringing the food directly to restaurant chefs. “The chefs were really interested in getting good produce fresh from the farm,” and the farm was finding important markets for its produce.

Today, Burch has relationships with growers all over the state and with dozens of restaurants in the city that want to serve local foods. Each week, his crew does at least a couple of 12-hour, 400-plus-mile runs in the van to load up on fresh food from farms and ranches surrounding OKC, which they distribute to restaurant clients and sell from the seven-day-a-week storefront. From April through October, the van also does two weekly pop-up farmers’ markets.

All told, Burch is moving \$700,000 annually in fresh, healthy, local foods from rural farms to the plates of Oklahoma City residents, and their appetite for the good stuff only seems to be growing.

## They started spinning their wheels

• • • MOUNTAIN BIKING WITH TONY STEWARD IS A BIT LIKE PLAYING a game of cat and mouse. “How’s this pace?” he calls back, cruising along the Bluff Creek Trail—a tight, twisty four-mile loop of clay single-track north of Lake Hefner—at a gentlemanly 9 mph. But before you can even reply, he subtly, and seemingly without effort, accelerates sharply into a turn that dips into a dry creek bed before climbing a root-choked steep. When he finally realizes he’s gapped you, Steward politely waits up—then does it all over again. The man is a beast on a bike, the result of putting in nearly 10,000 miles of cycling a year competing in both road and cyclocross races.

It wasn’t always that way. Six years ago, Steward’s 30th birthday forced him to confront his growing waistline. He’d gained more than 60 pounds since his heyday as a college football safety and was now tipping the scales at 250. “My neck looked like it was swallowing my head,” he recalls.

Over the next year, Steward started lifting weights in his garage and dabbled with the *Body for Life* program. Then a friend lent him a mountain bike to cruise around Lake Hefner; it was there he noticed “fit 60-year-olds who could kick ass” on their bikes. “I realized I could do this for a long time,” he says. “It’s not just a short-term weight-loss thing but very easily an active lifestyle.” A competitive person, he naturally gravitated toward bike racing and documented his gradual transformation into an elite amateur racer on a blog, *joetoprocycling.com*, that he still maintains.



**Another reason to sing the blues:** Memphians need to get up off the couch: According to Nielsen, an average of half of all local television sets are on at any given time. That’s why Memphis is No. 50 in 2015.

But racing wasn’t enough. Steward loved bike culture so much that he eventually opened a bike shop, Charley’s Bicycle Laboratory, along with two partners. From that vantage point, he’s watched the local cycling community thrive till it’s outgrowing the available infrastructure.

Since he started racing cyclocross in 2011, Steward estimates there are twice as many Oklahoma City races and 15–20% more riders involved. On the roadie scene, last year saw the launch of a weekly race in the heart of the city at the Downtown OKC Airpark. “The Wheeler Criterium is an official USA Cycling race, with great payouts and leaders’ jerseys, and it’s right in the middle of downtown,” Steward says. “What they’ve done is find a way to highlight a fun cycling event that gets the attention of people who don’t ride, and that’s a huge deal.”

There’s also a lot of fresh excitement around dirt and gravel racing out on the hundreds of miles of rural, unpaved roads that fan out in every direction beyond city limits. “The community’s growing like crazy around cycling,” he says, “but inside the city, we’re outgrowing what we have.” What he means is that the few bike-friendly areas of the city are becoming overcrowded. By way of example, he cites a recent Saturday shop ride during which his group of 20-odd cyclists encountered both a 5K race and a walkathon on the public trails downtown.

“We were all commenting on how cool it was that there was so much activity happening, but we were all in each other’s way,” he says. “Now our Saturday rides stay off of the multipurpose trails because we’ve realized they’re just too dangerous to be sharing with so many people.” Today, the city is working on a fix, with 62 miles of new trails to be built over the next four years.

## They put the whole city on a diet

• • • MAYOR CORNETT’S “DIET” PLAN DIDN’T COME FROM NOWHERE. He struggled with obesity himself, his weight yo-yoing 25 to 30 pounds every decade or so as he went through cycles of gain and loss. It was an early 2007 article in this magazine, listing Oklahoma City as one of the nation’s fattest cities, that pushed him to shed the weight once and for all. He played more tennis, started banging out 50 pushups each day, and, most important, cut down his calorie intake from roughly 3,000 each day to 2,000. And the pounds came off—about a pound each week for 42 weeks starting in April 2007.

When it came to implementing the citywide diet, Cornett’s administration created a website—*thiscityisgoingonadiet.com*—loaded with fitness and nutrition information, where locals could track their exercise and weight loss. Over four years, 51,009 participants logged a staggering 1,000,000 pounds lost—about 19.6 pounds per person.

Along the way, Cornett started examining the city—its culture and its infrastructure—to figure out why its people struggled with obesity. The first thing he noticed was how the city, at 620 square miles, was twice the size of New York City—but with only 7% of its population. It’s the least densely populated city in the nation.

“I came to the conclusion that we’d built an incredible quality of life if you happened to be a car,” Cornett says. “But

### BEST OF THE REST: FROM FIT TO FAT

FITNESS RANKINGS NOS. 11–50 FOR THE MOST POPULOUS U.S. CITIES

11. Miami
12. Sacramento
13. New York
14. Los Angeles
15. Austin
16. Chicago
17. Albuquerque
18. Philadelphia
19. San Diego
20. Colorado Springs
21. Tucson
22. Mesa
23. Atlanta
24. Las Vegas
25. Baltimore
26. Omaha
27. Oklahoma City
28. Phoenix
29. Fresno
30. Virginia Beach
31. Cleveland
32. Raleigh
33. Houston
34. Milwaukee
35. Dallas
36. Columbus
37. Charlotte
38. Kansas City
39. Fort Worth
40. Nashville
41. Arlington
42. Tulsa
43. Detroit
44. San Antonio
45. Wichita
46. Indianapolis
47. El Paso
48. Louisville
49. Jacksonville
50. Memphis



**THE  
CLASSIC**  
SEE PAGE 90



# Don't fear the pizza

A cheese-and-sauce-covered pie can be healthy? Damn straight it can—and we've proved it with these four cleaner, leaner versions that will satisfy your cravings but keep you looking and feeling great.

BY CANDICE KUMAI  
PHOTOGRAPHS BY TRAVIS RATHBONE

**G**reat pizza doesn't have to be a greasy mess of fatty ingredients and empty calories. In fact, with the right toppings—nutritional powerhouses like kale, sweet potato, arugula, and almonds—you can rest assured that you're fueling your body with the things it needs to build muscle, boost immunity, improve overall health, and even burn fat. Here we've raised the bar, developing healthy, delicious pizzas you can make right at home with minimal hassle in a matter of minutes: Whip up the protein-packed Kale-Bacon Pizza to refuel after a workout, or bust out the Sweet Potato & Sautéed Mushroom Pizza to really impress at your next date night in. Got leftovers? Pizza holds great overnight, so take it to work the next day. And it even freezes well, making it the perfect go-to dinner grab. You'll never look at pizza the same way again.



## THE CLASSIC

MAKES 4-6 SERVINGS

### WHAT'S HEALTHY ABOUT IT

This incredibly easy-to-make classic pie has less saturated fat and calories than takeout.

### INGREDIENTS

- 1 pound store-bought pizza dough (regular or gluten-free)
- 1 tbsp extra virgin olive oil
- $\frac{1}{4}$  tsp sea salt to taste, divided
- $\frac{3}{4}$  cup organic, low-sugar marinara sauce
- $\frac{3}{4}$  cup high-quality mozzarella cheese
- 2 tsp dried oregano
- $\frac{1}{4}$  tsp chili flakes
- $\frac{1}{4}$  cup fresh basil leaves (optional)
- 1 cup sun-dried tomatoes (optional)

### DIRECTIONS

- 1) Preheat oven to 400°; set pizza dough out at room temp for about 20 minutes.
- 2) Sprinkle a clean work surface with flour; roll dough into a  $\frac{1}{2}$ " flat, 10-12" round or rectangle. Place it on a baking sheet or in a cast iron pan, brush with olive oil, and sprinkle with  $\frac{1}{8}$  tsp salt.
- 3) Place dough in oven and prebake for about 10 minutes, then remove. Top pizza with marinara sauce, mozzarella, and oregano, and bake on the middle rack for 12-15 more minutes.
- 4) Remove from oven and sprinkle with remaining sea salt and chili flakes, plus basil and sun-dried tomatoes if desired.

### Sauce and effect

Tips for buying—or making—a great, healthy pizza-topping marinara

■ Store-bought pizza sauce can still be healthy (and honestly, very nearly as good as homemade). Just go organic, and check the jar to be sure it's not loaded with sugar—excess sweeteners can lead to everything from type-2 diabetes to obesity. Put back on the shelf any jar of sauce (or marinade or dressing, for that matter) that contains corn syrup, sugar, or anything that ends in "ose." If you want to go clean and fresh this year, update your pantry by cleaning out the sugar-processed foods and changing up that sauce!

■ If you're making your own tomato sauce, canned tomatoes, surprisingly, contain more lycopene—which has been shown to help prevent prostate cancer—than fresh tomatoes. If you're using store-bought sauce, always go for a sauce that's thick and organic.



## SUN-DRIED TOMATO & PROSCIUTTO PESTO FLATBREAD

MAKES  
8 SERVINGS

### WHAT'S HEALTHY ABOUT IT

Antioxidant-packed sun-dried tomatoes, plus a megaboo of vitamins A, C, and K in the form of kale-almond in the pesto, make this superfood pizza a guilt-free comfort food. Enjoy it post-workout, and get a natural protein kick from the prosciutto and almond pesto.

### INGREDIENTS

#### KALE-ALMOND PESTO

- 1½ cups curly kale
- ½ cup raw almonds
- 2 garlic cloves, roughly chopped
- ½ tsp sea salt
- 3 tbsp extra-virgin olive oil
- 2 tbsp fresh lemon juice

#### PIZZA

- 1 lb store-bought pizza dough
- 1 tbsp extra-virgin olive oil
- ¼ tsp sea salt, to taste
- ½ cup homemade kale-almond pesto (above)
- 6 slices high-quality prosciutto, torn
- 2 Roma tomatoes, thinly sliced
- 1 cup arugula
- 1 cup mozzarella, finely grated

### DIRECTIONS

#### FOR THE PESTO

- 1) Place kale, almonds, garlic, and sea salt into a food processor or blender and pulse to combine until the ingredients are somewhat mealy.
- 2) Gradually add olive oil in a steady stream until the mixture is finely chopped yet still has texture, about 1 minute. Pulse in lemon juice and adjust the seasoning to taste. Put aside ¾ cup to use. Reserve any extra pesto in an airtight container in the fridge for up to a week.

#### FOR THE PIZZA

- 1) Preheat oven to 400°.
- 2) Transfer dough to a large sheet tray and brush crust with olive oil and a sprinkle of sea salt. Place in the oven and prebake for about 8 minutes. Remove from oven.
- 3) Spread ¾ cup kale pesto on top of crust. Add prosciutto slices, Roma tomatoes, and arugula, and top with mozzarella cheese. Place back in the oven on the middle rack and bake for 10–12 minutes.

■ **Présto pesto.** Double your batch of pesto and try tossing it with pasta, using it to top off toast, or mixing vegetables in it prior to roasting.

## KALE-BACON PIZZA

MAKES:  
4-6 SERVINGS

### WHAT'S HEALTHY ABOUT IT

Mouth-watering bacon and eggs on a pizza? Hell, yeah! Even with kale sautéed in bacon fat and mozzarella cheese on top, this homemade pizza still packs fewer calories and less fat per serving than takeout. The trick to losing weight and saving calories this year? Cooking at home.

### INGREDIENTS

- 1 lb store-bought pizza dough
- 1 tbsp extra-virgin olive oil
- $\frac{1}{4}$  tsp sea salt to taste, divided
- 4 slices organic bacon, cut into 1" pieces
- $\frac{1}{2}$  red or yellow onion, finely diced
- 2 cups curly kale, finely chopped
- 1 cup organic, low-sugar marinara sauce
- 1 cup part-skim mozzarella cheese, shredded
- 1 egg

### DIRECTIONS

- 1) Preheat oven to 400° and set pizza dough out at room temperature for about 20 minutes.
- 2) On a clean work surface with a touch of flour, roll out pizza dough into a  $\frac{1}{8}$ " flat, 10-12" round. Place it on a large baking sheet or pizza stone, or in a round cast-iron pan. Brush dough with olive oil and sprinkle with sea salt, then prebake for about 5 minutes.
- 3) In a large skillet over medium heat, add bacon and cook until crisp; set aside to drain on paper towels. Add diced onion to the pan and cook until softened, stirring occasionally, about 8 minutes. Add chopped kale to the pan and cook until wilted, about 2 minutes.
- 4) Top pizza with marinara sauce, mozzarella, and sautéed kale and onions. Bake in the oven on the middle rack for 12-14 minutes.
- 5) Two to 4 minutes before pizza is ready, crack egg on top and bake until crust is crisp and egg is slightly cooked. Remove from the oven, cool slightly, and serve alongside a blond ale brew.

## SWEET POTATO & SAUTÉED MUSHROOM PIZZA

MAKES  
8 SERVINGS

### WHAT'S HEALTHY ABOUT IT

With feel-good ingredients like vitamin A-packed sweet potato; juicy, immunity-boosting mushrooms; and anti-inflammatory onions, this pizza is a clean and inspiring way to change up your menu. A total bonus: It's also vegetarian, so invite that cute non-meat-eating neighbor over for a slice.

### INGREDIENTS

- 3 tbsp extra-virgin olive oil, divided
- 1 medium yellow onion, thinly sliced

- 2 cups cremini or button mushrooms, thinly sliced
- 1 lb store-bought pizza dough
- Sea salt, to taste
- $1\frac{1}{2}$  cups sweet potato puree (Use left-over mashed sweet potatoes, or boil 2 large sweet potatoes—roughly chopped, skin on—until soft, and blend until smooth.)
- 4 oz mozzarella cheese, shredded
- 1 cup arugula
- Balsamic vinegar, to finish

### DIRECTIONS

- 1) Preheat oven to 425°.
- 2) Heat 2 tbsp of olive oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until golden, about 10 minutes. Add in sliced mushrooms and sauté for an additional 10 minutes.
- 3) On a clean work surface, roll out pizza dough and place it on a large baking sheet or pizza stone. Brush dough with remaining 1 tbsp olive oil and a sprinkle of salt. Pre-

bake for about 5 minutes or until golden brown; remove from the oven.

- 4) To top crust: Using a large spoon, spread the base of pizza with sweet potato puree and sautéed onions and mushrooms, and top with cheese. Place back in the oven on the middle rack for 10-12 more minutes, until dough is crisp and cooked through. Remove from oven, sprinkle with arugula and balsamic vinegar, and serve hot.

### Sweet potato perfection.

Sweet potato contains fiber, vitamin A, vitamin C, vitamin B6, and even protein. Some of these nutrients are found in its skin, so try leaving it on when making your puree.



## ROMANCING THE STONE

While not an absolute essential for cooking, a pizza stone is every chef's favorite way to achieve a crispy-crust, evenly cooked, restaurant-style pizza right at home. (All these pies were cooked on one.) A few brands to check out:

Cuisinart Alfrescamore 13" Pizza Grilling Stone • \$20, [cuisinart.com](http://cuisinart.com)

Breville 13" Pizza Stone • \$30, [brevilleusa.com](http://brevilleusa.com)

King Arthur Flour Baking Stone • \$55, [kingarthurfLOUR.com](http://kingarthurfLOUR.com)

# You're not born to run

Why do more than 42 million Americans injure themselves every year running? Well, if you believe the world's top biomechanical experts and elite coaches, it's not for lack of conditioning. And it's not because we're wearing the wrong shoes, either. It's because no one taught us how to run. Here, our correspondent gets a crash course in the new Running 101.

(Here's how to learn...)

BY TYLER GRAHAM

PHOTOGRAPHS BY RANDI BEREZ

Shorts: BROOKS  
Want it?  
See page 140.



# 1

## WHAT'S WRONG WITH THE WAY YOU RUN?

• • • “Do you hear that?” asks Pasquale Manocchia, his face contorting into an ugly wince. It’s as if he’s just heard fingernails screeching across a chalkboard.

We’re seated in his office high above a 14,000-square-foot gym called La Palestra—what the ancient Greeks and Romans called gymnasiums—where my attention strays between the pair of Chinese brass knuckles with one-inch spikes sitting on his desk and other rare fitness artifacts scattered across the glass-encased room: old wooden dumbbells, some fencing gear, Indian clubs, a pair of ancient hiking boots. The gym is located in an old ballroom of the former Hotel des Artistes on Manhattan’s Upper West Side, and the office has views of the people working out below us between Roman columns.

I give Manocchia a blank stare. All I hear is music and the faint *thump thump thump* of someone running, out of sight, on a treadmill. “No one should ever be striking the ground that hard,” says Manocchia, shaking his head. “There’s no question that more people are running than ever before, and more people are getting injured than ever before.”

While that may strike you as a touch dramatic, it’s actually not: In fact, each year, up to 80% of America’s 53 million runners get injured. That’s more than 42 million injured runners last year, which is an even more staggering number when you consider that the figure doesn’t include athletes who get hurt from running while playing other sports. And by injuries, we’re talking about everything from broken bones to insidious, slow-forming conditions like runner’s knee, Achilles tendinitis, plantar fasciitis, shin splints, iliotibial band syndrome, and stress fractures—the kind of painful stuff that drives runners mad and sends them screaming for the bike saddle in warmer months.

And these aren’t just hardcore dudes who crank out Tough Mudders and Warrior Dashes, either. We’re talking about weekend joggers, too. For the record: Last year, roughly 20 million people participated in road races, and adventure-race participation is up 211% over the last five years. It all begs the question: What are so many people doing so wrong?

IT ISN'T JUST  
HARDCORE  
DUDES WHO  
CRANK  
OUT TOUGH  
MUDDERS  
WHO ARE  
GETTING  
INJURED—IT'S  
WEEKEND  
JOGGERS, TOO.

## Strike your Pose

**THE POSE METHOD** was devised by Russian running coach Nicholas Romanov in the 1970s and is widely being taught today by elite running coaches and CrossFit instructors around the world as the ideal running form. Like any other skill, it’s much more difficult to master than it looks, but here are the standards that every runner, from the ultramarathoner to the lowliest weekend jogger, needs to work toward:

Shorts: NEW BALANCE  
Watch: SUUNTO  
Sneakers: ADIDAS

**Head**

When you're in proper Pose form your head will stay still without any up-and-down or side-to-side motion. When your head is still, it means that you're doing everything else correctly.

**Back**

Focus on a straight back, but be careful of over-tensing your muscles. You should have good posture but also feel relaxed. If your back is too tight, it prevents the rest of your body from moving freely.

**Arms**

Keep your arms at your sides, and don't worry about pumping them. As long as your back and shoulders are loose, your arms will naturally move back and forth to counterbalance the motion of your legs.

**Hips**

As you lean forward to fall, think about dropping your hips over the balls of your feet. This will prevent you from taking too long a stride. Speed is maintained by how fast you fall forward—not the size of your stride.

**Feet**

Keep your body weight on the balls of your feet. Move quickly from one foot to the other to distribute ground forces throughout your joints, ligaments, and tendons.

**Legs**

Think about pulling up your back leg with your hamstrings rather than pushing off with your quads. This helps you master the art of falling forward versus pushing off from behind. Think of each step as catching your fall rather than propelling you forward.

**Knees**

Maintain a constant slight bend in the knee—it will help you maintain a proper forward lean and make it easier to quickly change from one foot to the other.

# 2

For starters, conventional wisdom says that running isn't something that requires coaching, and that the best way to improve as a runner is to simply run more. And we're continually recommended any number of remedies for common ailments—usually in the form of a new pair of specialized shoes.

Manocchia emphatically disagrees. The gym owner, a former college hockey player who roomed with JFK Jr. at Brown University, is a disciple of Nicholas Romanov, Ph.D., a career coach for the Russian Olympic team whose unique thoughts about running, long overlooked on the margins of the sport, are finally going mainstream. In short: They firmly believe that running is a practiced skill, not a natural motion. And though some people are born with a talent for running, most are not. Which means that if you haven't suffered through rigorous coaching on your technique, it's likely you're going about it all wrong.

It turns out that I fit squarely in that camp. Manocchia walks me down to the gym floor and puts me through a series of exercises. First, he instructs me to "move." So I take a step forward, and before I make it two feet he says, "Stop! Did you see what you just did?" Huh? "Move again," he says. I lift my leg. "Stop! Did you see that?" I draw a blank, and he explains that each time I take a step, I'm bracing my forward leg like a brake. To me I'm just walking, but to Manocchia my gait looks like a beat-up Oldsmobile clunking down the road. He says that I'm sending excessive force up the leg with each step, which will eventually lead to any number of long-term injuries.

He then asks me to write down five adjectives to describe how I feel about running. I explain that I like running while playing tennis but I hate running for running's sake.

"Just write down the words," he says.

I scribble down "boring," "redundant," "jarring," "unfun," and "useless."

"Now write down five words you associate with an elite runner blasting through the park," he says.

I write down "grace," "efficiency," "stamina," "relaxed," and "fast."

Manocchia points at my two lists: "It's about getting from there to there."

Yeah, this isn't going to be so easy after all.

## THE POSE METHOD, AND WHY YOU SHOULD BE USING IT

• • • Last August, what was supposed to be a small event, the first-ever International Calgary Running Symposium, turned into the greatest gathering of running physiologists under one roof that science has ever seen.

More than 200 of the world's top experts from both the academic and the commercial side of the running industry, including Romanov, descended on the University of Calgary to celebrate the career of a beloved running biomechanist, Benno Nigg, Ph.D., the head of the university's Human Performance Lab. As the symposium described it, "Dr. Nigg's research concentrates on human locomotion with its main emphasis on mobility and longevity." In other words: preventing running injuries. The conclusion from such an unprecedented gathering?

"Nothing we've done over the last 40 years has done anything to reduce injuries," says Sandro Nigg, the honoree's son, who helped organize the event and is an accomplished biomechanist himself. All the research and scientific applications in recent memory—motion-control shoes, "air" cushioning, orthotics, those wildly popular "barefoot shoes" that have taken the running industry by storm since Christopher McDougall's blockbuster book *Born to Run*—are all a wash. "Forty years of effort by doctors, coaches, athletes has come to nothing," Romanov says. (For the record: The new wisdom says the best shoes are the most comfortable ones; and if you're conditioned for it, go minimal.) But the most important takeaway from the event, according to the younger Nigg, is that "we're all now ready to use our resources to look at [individual] technique and training" as a way to keep runners healthy.

Which is why Romanov is finally getting his due. While teaching biomechanics and training the track team at a Russian university in the 1970s, he developed a model for teaching running known as the Pose Method, which didn't catch on for years. In fact, when Romanov walked into Manocchia's gym

20 years ago after emigrating from Russia, Manocchia thought his ideas were so radical that he brushed him off. But not for long.

"After a while I just had to suck it up," Manocchia says. "He was right. He had the science. This is how force is actualized, and it's the same for every runner."

Running, according to Romanov, isn't a series of jumps or pushes off the ground—it's an act of continual falling. To run correctly, we need to first fall forward—then we must catch ourselves. Then we fall again, and so forth. In that sense, proper running is a lot like skiing: a series of controlled falls back and forth down the mountain. It's the same with other athletic movements, too. To return a serve in tennis, a player must first fall in the proper direction, Romanov says. Even Bruce Lee's famous one-inch punch is about maximizing the leverage of gravity. "This stuff goes all the way back to da Vinci," Manocchia adds.

And if any of this sounds familiar, perhaps that's because Romanov's teachings have also become popular in the world of CrossFit, where some of its most popular trainers have begun using the Pose Method along with their strength and conditioning workouts.

"Like any runner logging miles, I was broken," says Brian MacKenzie, an ultra-distance runner who found Romanov in 2002. "I'd trained for a triathlon, but I developed plantar fasciitis and IT band syndrome. I saw Romanov for a weekend, and I'm pain free."

In 2007, MacKenzie met the physical therapist Kelly Starrett, one of the biggest names in CrossFit, at a seminar in San Francisco. "When I met Kelly, he hated running," MacKenzie says. "I taught him to how to run, and he was like, 'Whoa!'" Together, the two worked on expanding not only Romanov's Pose Method but also the Russian coach's Olympic strength and conditioning program with a CrossFit stamp. Today, "CrossFit Endurance" emphasizes running shorter distances at higher intensity to develop better form. (For his part, Romanov says, "I was very happy to see the CrossFit community embrace Pose.") And both MacKenzie and Starrett recently released books that have sat atop of the running best-seller lists. MacKenzie's title, *Unbreakable Runner*, is a how-to for beginner

"I'D TRAINED FOR A TRIATHLON, BUT DEVELOPED PLANTAR FASCIITIS," ONE RUNNER SAYS. "I SAW ROMANOV FOR A WEEKEND, AND I'M PAIN FREE."

and elite athletes alike, while Starrett's book, *Ready to Run*, attacks mobility issues that face all athletes who do a lot of running.

They're not the only big names preaching proper form. Dean Karnazes, 52, is one of the most famous runners in the world. In 2006, when the ultramarathoner trained to run 50 marathons in 50 states in 50 consecutive days, he did what he considers a precursor to MacKenzie and Starrett's running workouts.

When he wasn't running, he'd lift so heavy that he could only knock off five reps per set. Then he'd lift light with hundreds of reps. Finally, he'd do LSD—long slow distance running. "I don't subscribe to the notion of any single running motion," Karnazes says, "but it's funny—when I ran the 50 marathons, I naturally fell into the Pose Method. My body started to become as efficient as possible."

# 3

## A CRASH COURSE: THE POSE, THE FALL, AND THE PULL

• • • According to Romanov, there are three basic phases to the Pose Method that every runner needs to master to find his proper form: first, "the pose;" second, "the fall;" and finally, "the pull."

Everyone who runs goes through the Pose, which is simply a moment of balance on the supporting foot. In motion, from the side, it looks like a figure four. Next, the runner falls

*There's no weight-training exercise more sport-specific to running than a proper walking lunge.*



## BIGGER, FASTER, STRONGER

The three exercises guaranteed to make you a better runner  
By Sean Hyson, C.S.C.S.

Even if their goal isn't getting huge, runners often make the mistake of doing no lifting at all. (And as big-time endurance guys like Dean Karnazes will tell you, that's not only wrong—it's just plain dumb.) With these three exercises, combined with Pose training, you'll be running farther, and safer, than ever before.

### Box Jump

■ Place in front of you a box that's high enough to make it somewhat challenging to jump up onto. Quickly bend your hips and knees and swing your arms back to gather momentum, then jump up onto the box. Land softly in the center of the box with hips and knees bent. Step off. That's one rep. Perform three sets of 5 reps.

### Goblet Squat

■ Hold a dumbbell or kettlebell by one of the bell ends with both hands under your chin. Stand with feet shoulder-width apart and toes pointed out at about 30 degrees. Take a deep breath and bend your hips back and lower into the squat, pushing your knees out and keeping your lower back in its natural arch. Squeeze your glutes as you come back up. Perform three sets of 8–12 reps.

The goblet squat allows you to perform a deep squat with little risk of injury to the lower back. Squatting develops your entire lower body and is arguably the best exercise for building running speed.

### Walking Lunge (PICTURED)

■ There's no weight-training exercise more sport-specific to running than a walking lunge. It trains your body both to accelerate forward and decelerate, controlling the body's momentum. It builds balance and coordination in addition to strength. Hold a dumbbell in each hand, and stand with feet at hip width. Step forward and lower your body until your front thigh is parallel to the floor and your rear knee nearly touches the floor. Come up and immediately step forward with the opposite leg. Do three sets of 10–12 per leg.

# Blue. Period.

Chances are you're thinking of adding a new pair of jeans (or 10) to your repertoire this spring—and if you're not, you should be. Wardrobe-wise, jeans have no equal. With the right styling, you can dress them down, dress them up, *and* take them out. Here, the season's three must-have jeans and how to put the best looks together.

PHOTOGRAPHS BY GREG BROOM



## Take it to the streets

The rough-and-tough look of distressed jeans paired with a denim shirt, tie, and sports jacket give the rock star look a more refined edge and make for a perfect hit-the-bar outfit.



•  
Opposite page:  
Jeans: DENIM & SUPPLY  
RALPH LAUREN, \$198

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•  
This page:  
Jeans: PRPS GOODS & CO.,  
\$300; Jacket: EDDIE  
BAUER, \$149; Cardigan:  
AG, \$278; Shirt: GAP, \$60;  
Tie: VAN HEUSEN, \$40;  
Bag: WILL LEATHER  
GOODS, \$695; Shoe:  
FLORSHEIM, \$120;  
Watch: TIMEX, \$85

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# Change it up

Comfort is important—but it often comes at the price of style. No longer. Fleece jeans are basically sweatpants that are made to last, but when paired with a cardigan, hoodie, and boots, offer a more casual yet pulled-together, travel-ready look.



- This page:  
Jeans: BUFFALO DAVID BITTON, \$99

- Opposite page:  
Jeans: EXPRESS, \$98;  
Cardigan: TOMMY HILFINGER, \$169;  
Hoodie: LUCKY BRAND, \$80; Bag: COLE HAAN, \$698; Shoe: MARK NASON SKECHERS, \$125;  
Watch: CASIO, \$30



Fleece jeans are made with comfort in mind, yet tailored to be paired with a sweater, T-shirt, or other soft fabric.



# Don't mess around

Every man needs a pair of jeans that can make the transition from easy-casual to dressed up. An indigo pair with a sharp leather jacket will add a little formal depth when you're out on the town.



Every closet should have a pair of indigo jeans, which can go from work to dinner and a movie.

• This page:  
Jeans: LUCKY BRAND,  
\$129

• Opposite page:  
Jeans: DL1961, \$168;  
Jacket: CALVIN KLEIN  
WHITE LABEL, \$598;  
T-shirt: VINCE CAMUTO,  
\$55; Bag: COACH, \$450;  
Boots: KENNETH COLE,  
\$198; Watch: VICTORINOX,  
\$550

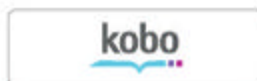


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# Ask Men's Fitness

**I want to get one of those enormous tractor tires to work out with, but I hear they're bad for your back. What's the deal?**

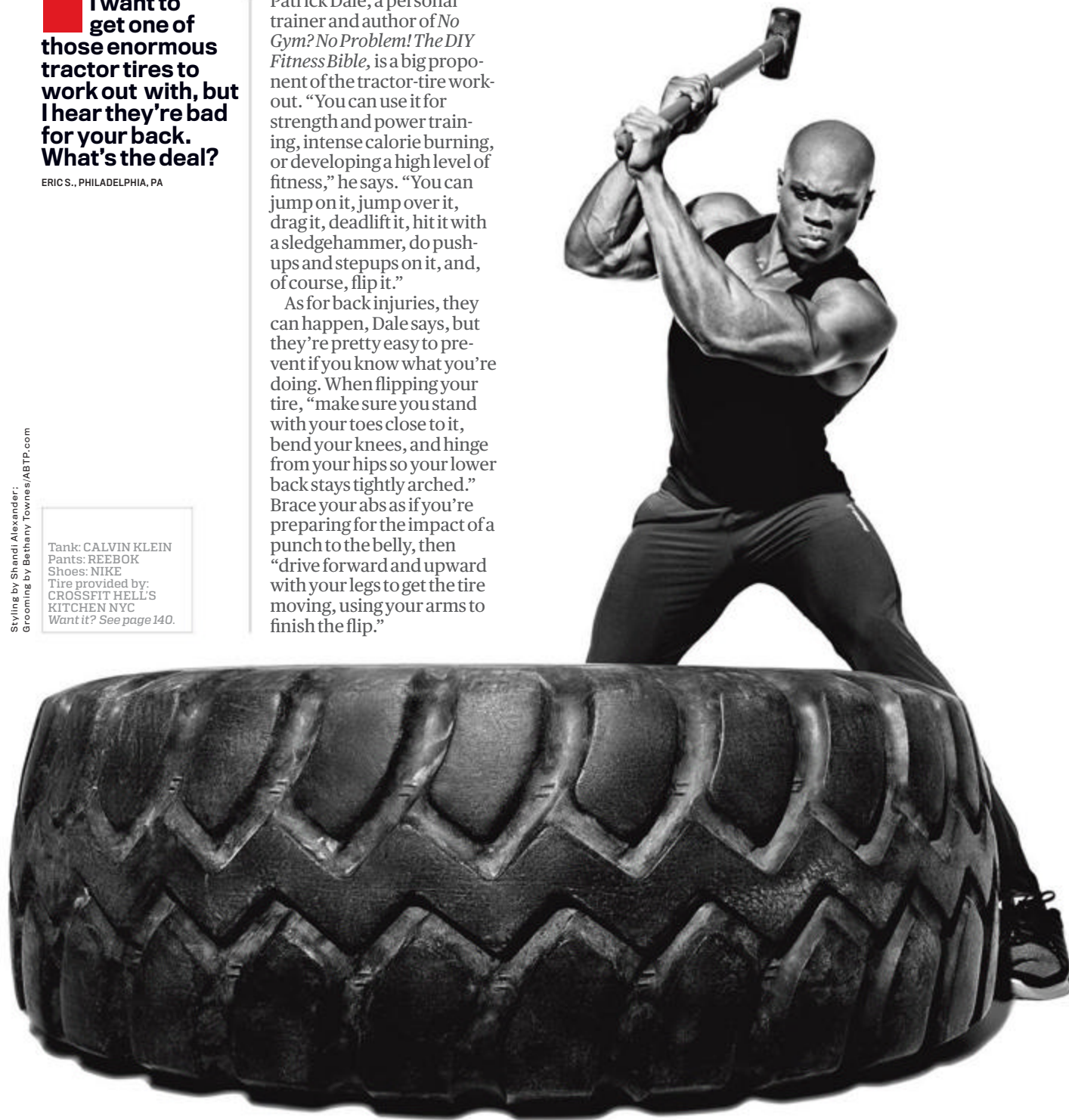
ERIC S., PHILADELPHIA, PA

Patrick Dale, a personal trainer and author of *No Gym? No Problem! The DIY Fitness Bible*, is a big proponent of the tractor-tire workout. "You can use it for strength and power training, intense calorie burning, or developing a high level of fitness," he says. "You can jump on it, jump over it, drag it, deadlift it, hit it with a sledgehammer, do push-ups and stepups on it, and, of course, flip it."

As for back injuries, they can happen, Dale says, but they're pretty easy to prevent if you know what you're doing. When flipping your tire, "make sure you stand with your toes close to it, bend your knees, and hinge from your hips so your lower back stays tightly arched." Brace your abs as if you're preparing for the impact of a punch to the belly, then "drive forward and upward with your legs to get the tire moving, using your arms to finish the flip."

Tank: CALVIN KLEIN  
Pants: REEBOK  
Shoes: NIKE  
Tire provided by:  
CROSSFIT HELL'S  
KITCHEN NYC  
Want it? See page 140.

Styling by Shandi Alexander:  
Grooming by Bethany Townes/ABTP.com



**I've heard a bunch of different numbers being thrown around lately about how much water you should drink every day. What's the lowdown—eight or 10 glasses maybe?**

BENSON E., WILTON, CT

Yeah, we're going to pour some cold water on that myth right now. The eight glasses a day figure that's always thrown around in health blogs and on TV is an erroneous number thought to have originated from a statement from the Food and Nutrition Board of the National

Research Council in 1945. It said adults should drink about 2.5 liters of water per day, which equals out to about eight 10-oz glasses of water.

But sticking to some specific amount based on generalities isn't what you should be focusing on, says Josh Axe, C.N.S., a nutritionist and consultant to the U.S. Olympic swim team. "I typically recommend that people take their body weight, cut that in half, and drink that equivalent number in ounces every day," Axe says. This means

that if you're 180 pounds, you should drink at least 90 ounces of water on a daily basis. However, everyone is different. Other factors that impact how much water you should drink include body size, activity level, climate, diet, and other beverage intake, and medical condition.

Adequate water intake is important for a host of body processes, including muscular activity, temperature regulation, and the transporting of oxygen to our cells; but getting the proper amount and not overdoing it is just as essential, especially when exercising. A 2011 study of Chicago marathoners published in the *British Journal of Sports Medicine* noted that it's currently estimated that 0.3%–13% of marathon runners finish the race overhydrated. The study found that 9% of the marathon runners participating in the study reported drinking as much as possible during the race. Overhydration, or hyponatremia, can lead to muscle cramps, nausea, seizures, and, in rare cases, death, so keep your body in tune, use our formula, and keep in mind your specific circumstances, which may impact your appropriate water intake to stay properly hydrated all day long. (Some information for this article was provided by FIJI Water.)

**Hit the bottle.**  
The healthiest amount of water to drink daily? Half your body weight, in ounces.



**I'm often in need of a pick-me-up in the middle of the afternoon, but don't really want to waste my macros on Starbucks or a Red Bull. Is there something out there that packs a punch but isn't too hard on the waistline?**

AIDAN M., ROSEVILLE, CA

You're right to avoid expensive artisanal coffees and energy drinks, because they often carry a ton of added sugar and carbs with little or no nutritional value. If you want something with a caffeine jolt but more to it, try something like JavaPro RTD, a cold coffee drink with a boost of 16 grams of protein, 100 calories, and four grams of sugar. Those numbers make it a great body-conscious energizer on the go.

**I'm a healthy guy who hits the gym a lot, but I also like drinking with friends on the weekends, and sometimes overdo it. What's the "healthiest" way to have a night out, but limit the damage? Don't lecture me.**

CHAD J., SAN FRANCISCO

According to Jim White, a nutritionist and spokesperson for the Academy of Nutrition and Dietetics, "Liquor's healthiest if served 'alone,'"—i.e., without sugary sodas or juices. And the best liquors? "The clearer types go easier on the body and are less caloric," he says. So: vodka and gin.

There are other, more obvious things that can help, too: Eating well, to avoid nutrient depletion; drinking plenty of water; and drinking alcohol only on a full stomach, after eating fats and carbs, like fish that's high in fatty acid (such as salmon) with a side of whole-wheat pasta, or Greek yogurt with fruit.

**How long is a "healthy" period to be bummed after a painful breakup? My friends keep telling me to get over it, even though it's only been three weeks.**

GREG E., WILMINGTON, NC

There's no "right" amount of time, according to Neely Steinberg, dating coach and founder of the Love Trep, a dating consultancy. "Once you understand it's time to stop being

hard on yourself and stop using the phrase 'man up,' you're taking the first big step," she says. And if your friends are assholes, tell them you don't want to talk about it, she says.

Steinberg points to one surefire indication that you're ready to get back in the game.

"If you're browsing online dating sites or mobile dating apps just to see what's out there, you're ready," she says. If you bury yourself in work and totally eliminate the chances of meeting someone, you're probably not.

**What's the best workout for jet lag?**

JAMES S., NEW YORK, NY

According to Will Owen, creator of the website Travel Strong, the best workout to help fight jet lag is the one you're already doing at home—you just need to pay attention to when you do it, to make sure your internal body clock syncs with the new time zone.

"If you live in L.A. and regularly exercise at 10 a.m., then take a trip to New York," Owen explains. "Exercising at 10 a.m. New York time, at your usual intensity, is your best bet." It helps your body adjust to the new time zone and sets you up to make the most of your trip.

It may feel weird to head out on your a.m. jog when your body thinks it's the middle of the night, but trust us, you'll be better off.

**Because I cycle, I have big quads, so I'm having a tough time finding jeans that actually fit. What can I do?**

MIKE D., DALLAS, TX

Style consultant Tanner Guzy recommends jeans from labels like Barbell Apparel, Tailors of Atlas, Relentless Jeans, and Five Four, which "cater to men with bigger seats and thighs." For more mainstream denim, try Levi's 501 Shrink-to-Fit jeans—they're a great fit for large quads. Or buy a larger pair, and get them tailored to fit: "That can take a pair from 'meh' to killer," she says.

**Sweat gets in my eyes when I'm lifting. Is there a cool version of a headband I can buy, or do I need to go all "old-school Dr. J" with it?**

DAVE T., TORONTO

Says Claudia Lebenthal, editor and founder of Style of Sport, the big sports brands have some great new headbands that are "made with lightweight fabrics designed to wick moisture away."

Lebenthal, who credits tennis icons like Rafael Nadal and Roger Federer with popularizing these looks, likes the Nike Premier Tennis Headband, which has sweat-wicking fabric on one side, absorbent fabric on the other, and a cool knot tie in the back. "It's kind of old school, but with modern tech features," she says.

WANT HER  
TO BE MORE  
EXCITED IN  
BED? WARM  
HER UP  
BEFOREHAND.



**I'd really like my girlfriend to be more active in bed, but I can't help but feel she's just waiting for me to finish. What can I do differently?**

DENIS S., JACKSON, MS

If she's actually just waiting for you to finish, that's not a great sign: It means she's not enjoying sex—and, likely, nowhere near getting off. I'd start out by asking her what positions she likes best, how she's the most likely to orgasm, and what type of sex she enjoys the most. If sex is something she's doing just for you, then she's probably not even thinking about her own enjoyment. If that's the case, it's not bad to have a few rounds of “experimental sex” where you try different things and ask for feedback about what she likes. Sure, that's not the hottest thing in the world, but it could help you improve your technique for the future—think of it as practicing some drills before a big game. Something else you might want to try is focusing more on her clitoris. Women need direct clitoral stimulation in order to have an orgasm, and the act of sex doesn't actually provide that stimulation for many women.

## SEX FILES

THERAPIST  
AMBER  
MADISON  
ADDRESSES  
YOUR MOST  
INTIMATE  
QUERIES

**How can I last longer—besides re-playing horror-film scenes in my head?**

JOSIAH C., BALTIMORE, MD

Clearly, having to think nonsexy thoughts in the middle of sex is not an ideal way to enjoy the experience. And frankly, neither is freaking out about finishing too soon. A better idea is to slow down or even stop. If you feel yourself getting too close, pull out and just focus on pleasing her until you've calmed yourself enough to start again.

You can also “practice” on your own by masturbating and then stopping for a minute or so as you get close. Give yourself a moment to recover, then start again, stopping another few times before you finally finish. Doing this will help

train your body to be able to get close but not come immediately.

Do remember, however, that while it's important that to last long enough for your girlfriend to finish, she doesn't necessarily want you to last forever, so don't overdo it.

**I recently found out my girlfriend masturbates a lot. Does this mean I'm terrible in the sack?**

JACK T., AUSTIN, TX

Hold on there, cowboy. You know how dinner and dessert are two different things? Well, sex and masturbation work the same way. Sex is about romance, intimacy, and exploration. Masturbation is about getting off. Now, if your girlfriend is choosing to masturbate *instead* of having sex with you, then,

yeah, that's a problem. But if she still touches herself or uses a vibrator when you're not around, I'd just chalk that up to your being unavailable.

**Do girls pay any attention to underwear type? If so, help a man out!**

JAMES R., LINCOLN, NE

It really depends on the girl. If your girl gets regular manicures, gets her hair done, and tends to look super put together—then she probably values a suave partner, and, yeah, I'd be on top of your underwear game.

So, rule No. 1: No tighty-whities. Ever. Unless you know she has a thing for briefs, wearing them will freak her out because it's a sign your mom still buys your underwear for you. Boxers

are OK, but boxer briefs are really your best option for looking like a put-together guy.

Now, fabric-wise: Go cotton, or at least mostly cotton. Shiny, synthetic-looking materials not only look skeezy, they can also make you smell a little ripe—which probably

isn't what you're going for. Colors are fine, but nothing too bright or too patterned—Hawaiian shirts have their time and place, but it's not in your pants during a date.

**Amber Madison** is a New York-based therapist, author, and sex expert. Send your questions to askamber@mensfitness.com.



## ASK THE HEART DOCTOR

**MEDICAL ADVICE FROM GIOVANNI CAMPANILE, M.D.**

**I'M A PRETTY STRESSED-OUT PERSON BY NATURE. SHOULD I BE WORRIED THAT IT WILL AFFECT MY HEART?**

CAMPBELL O., CHICAGO, IL

There's no question that stress can affect your whole body, including your heart. There's evidence that chronic stress, caused by factors like loneliness, depression, and repeated angry episodes (such as having to deal with a bad boss every day) can increase inflammation, elevate levels of harmful white blood cells, and possibly even cause bacteria to damage the blood vessels of the heart. There's also a condition called "broken heart syndrome," which is a real heart attack that occurs as a result of sudden stress.

So, yes, you should take stress seriously, and do everything you can to protect yourself against it. The best way to start? As corny as it may sound, decide to really enjoy your life, and take steps to make sure it's filled with love, forgiveness, and gratitude. And meditation, yoga, and regular exercise don't hurt, either!

Giovanni Campanile, M.D., is an integrative cardiologist based in New Jersey. E-mail him at [askdrcampanile@mensfitness.com](mailto:askdrcampanile@mensfitness.com).



**What's the hardest thing about going Paleo?**

DANT., SAN DIEGO, CA

It's pretty easy to go Paleo in your own home, says Diane Sanfilippo, author of *New York Times* best-seller *Practical Paleo*—it's dining out that's the hardest part of the transition. "Any time people get together over a meal that isn't just meat and veggies, you become a bit of a spectacle. You have to be prepared, because the options are way narrower."

So be sure to plan ahead. Sanfilippo has two tips: Bring snacks (she recommends beef jerky or trail mix), and preview where you're going to be—for example, if you'll be staying in a hotel, try to find a Whole Foods nearby. But don't fret: "It gets easier over time," she says.

**It's most convenient for me to work out pretty late in the evening—usually an hour or two before bed. But sometimes I have trouble falling asleep. Help!**

BEN S., PHOENIX, AZ

According to sleep expert Michael J. Breus, Ph.D., author of *The Sleep Doctor's Diet Plan*, some people get revved up by exercise, while others use it mostly to relieve stress and chill out.

If you're in the latter category, you're probably fine exercising up to two hours before bed. However, if you're in the other category—which it sounds like you may be—Breus has some tips for you. "Take a nice, hot 15- to 20-minute shower or bath after you work out," he says. "Or use a steam room or sauna." The temperature change when you then cool down will signal your body to produce melatonin, the hormone that

causes drowsiness.

Also, if you're in the habit of packing in huge protein shakes before or after a nighttime workout, you may want to cut back. "Too much protein can leave you very alert, which makes it hard to sleep," Breus says.

**I want to cut back on coffee—but I get headaches when I do. Is there a better way to go about it?**

VICTOR F., BROOKLYN, NY

The headaches come from caffeine withdrawal, which can affect anyone deviating from their usual caffeine intake.

Caffeine researcher Ted Kallmyer recommends the weaning method, aka gradually cutting back. "Many think this means drinking one less cup of coffee per day," he says, "but actually, that increment is too large." Try a much smaller step back: If your normal daily consumption is one 16-oz cup, a reasonable step down would be to switch to the 12-oz size. After a few days of this amount, you can then step down to an 8-oz cup of coffee, and so on. If you make it yourself, cut your usual amount by no more than a quarter cup: So a two-cup-a-day drinker would start with 1¼ cups, then step down ¼ cup every two to three days.

"The withdrawal symptoms are much less severe this way," Kallmyer says.

**Is there any surefire way to barter down the cost of a gym membership?**

SAM G., MADISON, WI

Actually, yes! According to David Ning, founder of Money Ning, a website devoted to daily discussions on ways to become financially independent, there's an "often forgotten,



**STEP RIGHT IN: THE BOD POD MEASURES YOUR BODY COMPOSITION—A GREAT FITNESS TOOL.**

**I've been hitting the gym seven days a week and have cleaned up my diet, but I'm not dropping the pounds as I'd hoped to. What am I doing wrong?**

TYLER M., MIAMI, FL

You may be spending your time at the gym all wrong. "If your primary goal is weight loss, I'd focus your exercise efforts on light cardio," says nutrition scientist and exercise physiologist David Plourdé, Ph.D., CEO and founder of the Plourdé Institute in Lisle, IL ([theplourdeinstitute.com](http://theplourdeinstitute.com)). "More vigorous exertion causes muscle fibers to switch to glucose utilization," which means your body won't kick into fat-burning mode, he explains. "With a really vigorous workout you may perceive that you're being productive, because you sweat more and it's a lot of work, but our lab tests reveal a very different outcome." Plourdé also suggests getting tested in a Bod Pod (above)—a machine found at high-end gyms and sports medicine clinics—which measures your fat and lean tissue by air displacement plethysmography technology (ADP). A trained fitness or health care professional can then review your results and design a program to help you achieve your goals.



but dead simple" trick for just this. Drumroll: Just ask for a discount. "Not everyone behind the counter will remember to tell you every deal that's available," says Ning, "but no one will hide them if you ask."

Need another way to decimate those too-high gym costs? Ning recommends asking for free admission tickets to your gym just before you take that big annual vacation. Then cancel your membership, use the

tickets for any days you still want to go after you've already canceled, and sign up again when you're back. "You can easily pay for just 10-11 months a year and get year-round benefits this way," he says.

Campanile: James Michelfelder

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Jamie Varner is a Team Body Fortress® sponsored athlete.  
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# The B Book

## ARMS DEAL

Who says you have to use gigantic, joint-buckling weights to get the body you want?

Dumbbells, cables, and light weights allow for safer training while still keeping intensity high. This month's arm workout, designed to give you a set of Vin Diesel-esque guns, aims for more gain and less pain.

By the same token, there will be times when you have only the most basic equipment, and heavy weights aren't an option anyway. In that case, turn to our spring break workout on page 126 for a bare-bones guide to great abs in six weeks—only dumbbells, a bench, and bands are required.

Makeup by Roxy D'Alonzo

Tank top:  
CALVIN KLEIN  
Jeans: G-STAR  
Want it?  
See page 140.

ERIC RAY DAVIDSON



FOR MORE WORKOUTS  
AND EXERCISES, GO  
TO [MENSFITNESS  
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# Diesel arms

Put a half inch on your guns with a program designed to get you arms like the star of *Furious 7*  
By Sean Hyson, C.S.C.S.

Want the arms of a bouncer? You can't train them the same way you do chest and legs. Because arms are smaller muscles acting on smaller, more delicate joints, they respond better to isolated movements and different mechanical angles than to heavy weights. ¶ This workout is designed to deliver the kind of full, thick biceps that made Vin Diesel a movie star and fitness icon. With ravenous eating, you could see up to a half inch of growth in one month.

## How It Works

■ The workout begins with two cable exercises designed to pump up your arms as quickly as possible. This isn't to soothe your ego but to protect your elbows: Driving blood into your muscles and heat into your joints helps prevent strain. You'll continue supersetting biceps and triceps moves to work the arms from different angles, encouraging as much muscle recruitment as possible. Alternating bi and tri exercises also saves time—you should be out of the gym in 40 minutes or less—making this routine fast and (yes, we went there) undeniably furious.

### Directions

Perform the workout once a week. The exercise pairs (marked "A" and "B") are performed as a superset—so you'll do one set of A, then B, then rest, and repeat until all sets for the pair are complete.

Tank top: ALO YOGA  
Shorts: SLEEPY JONES  
Shoes: ASICS  
Want it?  
See page 140.

## 1A ROPE PUSHDOWN

Sets: 4 Reps: 15

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Tuck your elbows to your sides and then extend them, but don't lock out fully. Keep tension on the triceps.



## 1B CABLE CURL

Sets: 4 Reps: 12

Attach the same rope handle to the low pulley of the cable station and grasp the ends. Keeping your upper arms at your sides, curl the handle up. When you lower it down again, stop three-quarters of the way so your elbows aren't completely straight.



THE CABLE PROVIDES TENSION ON THE MUSCLES IN THE TOP POSITION.

## 2A CROSS-BODY HAMMER CURL

Sets: 3 Reps: 10 (each side)

Hold a dumbbell in your right hand and curl the weight as in a hammer curl, but turn your palm to face you. As you curl, the dumbbell will move up across your torso and your hand will point to the opposite shoulder. Squeeze your biceps at the top.



## 2B INCLINE TRICEPS EXTENSION

Sets: 3 Reps: 12

Set an adjustable bench to a 30- to 45-degree incline and lie back against it with a dumbbell in each hand. Press the weights over your head and let your arms drift back so they point at an angle and you feel a stretch on your triceps.

Bend your elbows and lower the weights behind your head. Now extend your elbows to lock out.



TRICEPS  
EXTENSIONS  
DONE ON AN  
INCLINE KEEP  
TENSION ON  
THE TRICEPS,  
NOT THE  
ELBOWS.

## 3A DUMBBELL PRONATED KICKBACK

Sets: 3 Reps: 10

Hold a light dumbbell in each hand with palms facing behind you. Bend your hips back and lower your torso until it's parallel to the floor. Keeping your upper arms against your sides, extend your elbows, squeezing your triceps at the top.



MORE EFFECTIVE THAN CONVENTIONAL KICKBACKS, THIS VERSION WORKS THE MEDIAL HEAD, WHICH IS HARD TO ISOLATE.

## 3B INCLINE DUMBBELL CURL

Sets: 3 Reps: 8

Set up an adjustable bench to a steep angle and lean back against it with a dumbbell in each hand. Curl the weights up and squeeze at the top.





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# SURPRISE BODY- BOOSTERS

Some of the healthiest, most physique-friendly foods have been right under your nose for years

By Michael DeSanti

## Curcumin

According to the American Cancer Society, curcumin (the active ingredient in turmeric) interferes with the growth and spread of cancer.

When was the last time you gave any thought to chicken broth, unless you were fighting a cold? Or ate seeds that weren't on a bun or part of a trail mix? There are plenty of common foods you probably haven't been eating that can actually make a big difference in your workout results and overall well-being. So, let us reintroduce you to apple cider vinegar, hemp, bone broth, turmeric, and a few others. Start using these recipes to see faster gains, a leaner body, and better health.

## Cilantro

Cilantro helps stimulate insulin release—without increasing blood sugar to do it—making it beneficial for diabetics.



Food styling by Alison Attenborough; Dutch oven and salad servers: Williams-Sonoma

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## Turkey Chili

Photo, page 118

MAKES: 8 SERVINGS

### INGREDIENTS

- 1 cup extra-virgin olive oil
- 1 large onion, diced
- 2 large cloves garlic, minced
- 1 medium jalapeño, seeded and minced
- 2 pounds ground antibiotic-free turkey breast
- 1 tsp sea salt
- 1 28-oz can low-sodium whole tomatoes
- 1 cup water
- 1 tbsp cayenne powder
- 2 tbsp cumin
- 2 tbsp ground turmeric
- ½ tsp black pepper
- 1 tsp paprika
- 2 tsp oregano
- 1 15-oz can red beans, drained and rinsed
- 1 bunch cilantro, chopped
- 1 scallion, chopped
- 1 avocado, sliced

### DIRECTIONS

- 1) Pour the olive oil in a large, heavy-bottomed pan over medium heat. Add the onion and cook, stirring 3-5 minutes, until onion is translucent. Add the garlic and jalapeño and cook 1 minute.
- 2) Stir in the ground turkey and salt and cook 5 minutes, breaking up the pieces with a spoon, until no longer pink.
- 3) Add the tomatoes and their juice to the pan. Add the water, cayenne, cumin, turmeric, black pepper, and paprika. Cook for 30 minutes at a gentle simmer, stirring occasionally.
- 4) Add the oregano and red beans and simmer 20-30 minutes.
- 5) Serve topped with cilantro, scallions, and avocado.

### NUTRITION (PER SERVING)

281 calories, 23g protein, 12g carbs, 16g fat

### Hemp Seeds

A study in *Nutrition & Metabolism* found that hemp seeds can fight heart disease by lowering cholesterol and blood pressure.

### Organic-only Kale

Kale is loaded with nutrition but is often treated heavily with toxic pesticides. The Environmental Working Group recommends buying it organic if you eat it often.

### Avocado

Avocado is one of the most fiber-dense fruits available, with 10 grams per cup. Fiber improves satiety, which can aid in weight loss.

### Vinegar

A 2009 study found that consuming a food containing vinegar lowered body weight, body fat, and triglycerides in obese subjects.

## RAW KALE HEMPSEED SALAD

MAKES: 4 SERVINGS

### INGREDIENTS

- 1 bunch curly or Lacinato kale, stalks removed and leaves chopped
- 1 avocado, cubed
- 1 cup cherry tomatoes, cut in half
- 2 tbsp hemp seeds
- 2 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- Sea salt and pepper to taste

### DIRECTIONS

- 1) Place all the solid ingredients in a large bowl and drizzle with olive oil, vinegar, salt, and pepper. Mix thoroughly until all the leaves are coated with dressing and seeds. Serve immediately.

### NUTRITION (PER SERVING)

154 calories, 3g protein, 7g carbs, 14g fat

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### Bone Broth

Use chicken-bone broth in any recipe that calls for stock, or in place of water to steam vegetables or boil rice or whole grains.

### Boiler Maker

Boiling bones and vegetables causes their nutrients to release. These vitamins and minerals can boost the immune system and improve intestinal health, which aids in the absorption of vitamins and minerals and indirectly spurs fat loss and muscle gain.

## HEALING CHICKEN-BONE BROTH

MAKES: 24 SERVINGS

### INGREDIENTS

- 6 quarts water
- 1 whole chicken
- 1 onion, peeled and quartered
- 3 carrots, chopped
- 2 stalks celery, chopped
- 3-4 sprigs fresh thyme
- ¼ bunch fresh parsley, chopped
- 1 tbsp apple cider vinegar
- 2 tbsp peppercorns

### DIRECTIONS

- 1) Add water to a large pot and place the chicken in it. Bring the water and chicken to a boil over high heat. Skim off the foam and discard.
- 2) Add the remaining ingredients. Bring to a boil again, then cover and simmer 4-8 hours.
- 3) Strain the chicken and vegetables from the liquid. (You can use the chicken for chicken salad or soup later.) Pour the stock into an airtight container and refrigerate, letting it congeal overnight; or keep it frozen for up to three months.

### NUTRITION (PER 1-CUP SERVING)

39 calories, 5g protein, 1g carbs, 1g fat

### Bone Up

You can sip hot broth like coffee in the morning for a quick vitamin boost.

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(Unlike compressed tablets and capsules that can take up to an hour to be absorbed in the body, softgels take just a few minutes.)

	COMPETITOR BRAND 1	<b>ROXY™</b>	COMPETITOR BRAND 2
First Thermogenic Softgel†	✗	✓	✗
Fast Acting <b>FEEL IT FAST</b> Consistency (Dosed to precision)	✗	✓	✗
Highest Quality/Premium (Unlike compressed tablets and capsules that can take up to an hour to be absorbed in the body, softgels take just a few minutes.)	✗	✓	✗



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**HEMP MILK  
SMOOTHIE**

MAKES: 1 SERVING

**INGREDIENTS**

- 1 cup unsweetened hemp milk
- 1 scoop vegan or whey protein powder
- $\frac{1}{2}$  cup frozen organic blueberries
- $\frac{1}{2}$  fresh or frozen banana
- Small drizzle of local honey (optional, for sweetness)

**DIRECTIONS**

- 1) Add all ingredients to a blender and mix until smooth.

**NUTRITION**

250 calories, 23g protein, 30g carbs, 4g fat

**APPLE PIE  
HEALING TONIC**

Not pictured

MAKES: 1 SERVING

**INGREDIENTS**

- 8–10 oz water
- 1 tbsp apple cider vinegar
- 1 tbsp local, pure honey
- 2–3 dashes cinnamon

**DIRECTIONS**

- 1) Pour the water into a glass and mix in the other ingredients. Stir until honey and cinnamon are dissolved.

**NUTRITION**

86 calories, 0g protein, 23g carbs, 0g fat

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**Veg Out**

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**Brain Food**

*A Journal of Agricultural and Food Chemistry* study found that subjects who consumed blueberry juice scored higher on memory tests than those taking a placebo.



Michael DeSanti is a certified health and wellness coach and the founder of Authentic Self Healing LLC. [authenticselfhealing.com](http://authenticselfhealing.com)

**JUST AS THE BEST WORKOUT IS  
THE ONE YOU AREN'T DOING,  
THE BEST FOODS FOR YOU MAY  
BE THE HEALTHY ONES YOU  
AREN'T EATING.**

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IF YOU CHOOSE  
THE RIGHT  
EXERCISES,  
A SET OF  
DUMBBELLS  
CAN DO THE  
WORK OF A  
FULL GYM.

# A SIX- PACK IN SIX WEEKS

Get ripped abs by beach time  
By Don Saladino

It's been the *Men's Fitness* stance for years that anybody, including you, can get ripped abs, even if you have less-than-Herculean genetics and just a second-rate space to train in. We'll prove it again with this program to build six-pack abs—and more muscle overall—in just six weeks. The only gear you'll need are dumbbells, a pullup bar, bands, and a bench.

Grooming by Megan Lamoux/Exclusive Artists using Baxter of CA  
Styling by Shandi Alexander:



the protein that builds the muscles.

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## How It Works

■ You don't need barbells, machines, or cardio equipment to get ripped. A bare-bones home-gym setup is enough, combined with careful programming.

You'll start the plan performing higher reps on your exercises and taking short rest periods. Every two weeks, you'll increase the weights, reduce the reps, and lengthen the rest times. This approach allows you to peak in six weeks, so time your training to end with a spring break vacation or any other excuse you can find to take your shirt off.

Lucky guys with fancy gyms can do it—now you can, too.

## Directions

The program runs six weeks—Weeks 1 and 2 are done as shown here; in Weeks 3 and 4, reduce the number of reps per exercise to 8–10 and increase the rest to 45–60 seconds. In Weeks 5 and 6, reduce the reps to 6–8 and increase the rest to 60–90 seconds.

Exercises marked with letters ("A," "B," and so on) are done in sequence. Perform one set of each exercise in a group, then repeat until all sets for that group are done. Then move on to the next group.

## Day I CHEST, SHOULDERS, TRICEPS

### 1A INCLINE DUMBBELL BENCH PRESS

Sets: 4 Reps: 10–12 Rest: 30 sec.

Set an adjustable bench to a 30- to 45-degree angle and lie back on it with a dumbbell in each hand at shoulder level. Press the weights over your chest.



LOWER THE WEIGHTS TO THE POINT WHERE YOU FEEL A STRETCH.

### 1B ALTERNATING DUMBBELL BENCH PRESS

Sets: 4 Reps: 10–12 (each side) Rest: 30 sec.

Lie back on a flat bench with a dumbbell in each hand. Press both dumbbells over your chest and then lower one down to shoulder level. Press it up and then lower the opposite arm.



### 1C DUMBBELL FLYE

Sets: 4 Reps: 10–12 Rest: 30 sec.

Lie back on a flat bench with a dumbbell in each hand. Keep a slight bend in your elbows and spread your arms wide, lowering the weights until they're even with your chest. Flex your pecs and lift the weights back to the starting position.



### 2A ALTERNATING DUMBBELL OVERHEAD PRESS

Sets: 3 Reps: 10–12 (each side) Rest: 30 sec.

Perform as you did the alternating dumbbell bench press but press the dumbbells overhead while standing. Keep your core braced.

## 2B LATERAL RAISE

Sets: 3 Reps: 10-12  
Rest: 30 sec.

Hold a dumbbell in each hand with arms hanging at your sides. Raise them out 90 degrees to your sides.



DON'T RAISE  
YOUR TORSO AS  
YOU LIFT THE  
WEIGHTS UP.

## 2C DUMBBELL REAR-DELT RAISE

Sets: 3 Reps: 10-12  
Rest: 30 sec.

Hold a dumbbell in each hand and bend your hips back until your torso is parallel with the floor. Keeping your lower back flat, raise the dumbbells 90 degrees out to your sides.



## 3A DUMBBELL TRICEPS EXTENSION

Sets: 3 Reps: 10-12 Rest: 30 sec.

Hold a dumbbell by one of its bell ends with both hands over and behind your head. Keep your core tight and extend your elbows to lock the weight out overhead. If this hurts your elbows, perform the extension while lying on a flat bench and holding two dumbbells over your face.

## 3B BENCH DIP

Sets: 3 Reps: 10-12 Rest: 30 sec.

Place your hands by your sides on a bench and extend your legs in front of you. Suspend your body in front of the bench. Keeping your torso vertical, bend your elbows and lower your body until your upper arms are parallel with the floor. Press back up.

**Day II** LEGS

**1A ▽**  
**GOBLET SQUAT**

Sets: 4 Reps: 10-12  
Rest: 30 sec.

Hold a dumbbell or kettlebell under your chin with both hands as shown. Stand with feet shoulder width and toes turned slightly out. Bend your hips back and lower your body as far as you can; keep your torso upright.

**1B**  
**WALKING LUNGE**

Sets: 4 Reps: 10-12  
(each leg) Rest: 30 sec.

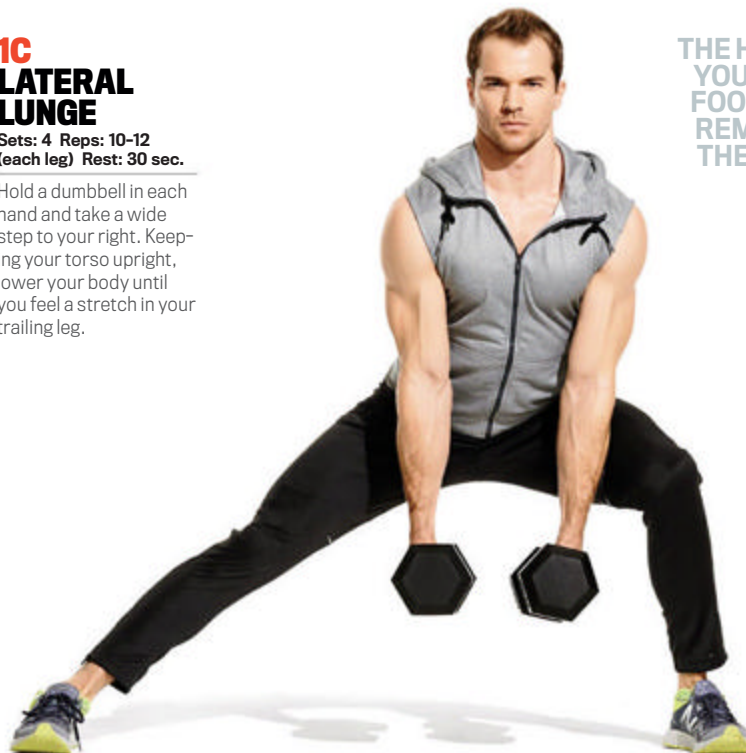
Hold a dumbbell in each hand and step forward with one leg. Lower your body until your front thigh is parallel with the floor and your rear knee is just above it. Stand up and lunge forward with the opposite foot. Continue moving forward.

**1C**  
**LATERAL LUNGE**

Sets: 4 Reps: 10-12  
(each leg) Rest: 30 sec.

Hold a dumbbell in each hand and take a wide step to your right. Keeping your torso upright, lower your body until you feel a stretch in your trailing leg.

THE HEEL OF  
YOUR LEAD  
FOOT MUST  
REMAIN ON  
THE FLOOR.



**2A**  
**ROMANIAN DEADLIFT**

Sets: 3 Reps: 10-12  
Rest: 30 sec.

Hold a barbell with a shoulder-width grip and stand with feet hip width. Bend your hips back as far as you can. Allow your knees to bend as needed while you lower the bar along your shins until you feel a stretch in your hamstrings. Keep your lower back arched throughout.



**2B ▽**  
**SINGLE-LEG GLUTE BRIDGE**

Sets: 3 Reps: 10-12  
(each leg) Rest: 30 sec.

Lie down on the floor and extend one leg in front of you and bend the other one. Brace your abs and drive the heel of the bent leg into the floor to raise your hips up. Your body should be in a straight line.



## Day III BACK, BICEPS

### 1A PULLUP OR BAND PULLUP

Sets: 4 Reps: 10-12  
Rest: 30 sec.

Hang from a pullup bar with hands outside shoulder width and palms facing away. Pull yourself up until your chin is over the bar. If pullups are too hard, use a band to unload your body weight.

### 1B ONE-ARM DUMBBELL ROW

Sets: 4 Reps: 10-12 (each side)  
Rest: 30 sec.

Rest your left knee and hand on a bench and grasp a dumbbell with your right hand. Let the weight hang straight down. Retract your shoulder and row the dumbbell to your side.



### 1C FACE-PULL

Sets: 4 Reps: 10-12  
Rest: 30 sec.

Attach a rope handle to the top pulley of a cable station or use a band. Grasp an end in each hand with palms facing each other. Step back to place tension on the cable. Pull the handles to your forehead so your palms face your ears and your upper back is fully contracted.

### 1D BACK EXTENSION OR COBRA

Sets: 4 Reps: 10-12  
Rest: 30 sec.

Lie facedown on the floor with hands by your sides. Raise your torso off the floor as high as you can and hold for a second at the top. If you have a back extension bench, perform back extensions instead.

SQUEEZE  
YOUR GLUTES  
AND BRACE  
YOUR CORE.



### DON'T SPOIL YOUR GAINS

How to keep your abs beach-ready

We won't lie: If you want to get a sharp six-pack in a month and a half, you need to eat clean and steer clear of the hooch. But once you achieve your goal, we know all bets are off. Luckily, you can keep most of that hard-won definition with these tips from Steve Macari, a C.H.E.K.-certified holistic health practitioner and nutrition adviser to Drive495, a high-end gym in NYC, and founder of slvrbk.com.

■ Add 1 tsp of sea salt to a glass of water and drink it pre-party. It'll help you retain electrolytes that are lost through drinking.

■ Avoid eating high-calorie foods while boozing. Alcohol prevents fat from burning until it's cleared from your system, so eating less garbage will help you avoid storing more fat.

■ Consume bone broth or gelatin after to restore your gut lining, which is damaged by alcohol. (See our recipe on page 122.)

### 2A ALTERNATING DUMBBELL CURL

Sets: 3 Reps: 10-12 (each side)  
Rest: 30 sec.

Hold a dumbbell in each hand. Keeping your upper arms at your sides, curl one arm, lower it, then curl the other, twisting your wrist as you raise the arm so that your palm faces up at the top.

### 2B INCLINE DUMBBELL HAMMER CURL

Sets: 3 Reps: 10-12  
Rest: 30 sec.

Set an adjustable bench to a 45- to 60-degree incline and lie back against it with a dumbbell in each hand. Curl the weights up with palms facing each other.



Vest: H&M  
Pants: PUMA  
Shoes: NEW BALANCE  
Want it?  
See page 140.

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# DOWN THE HATCH

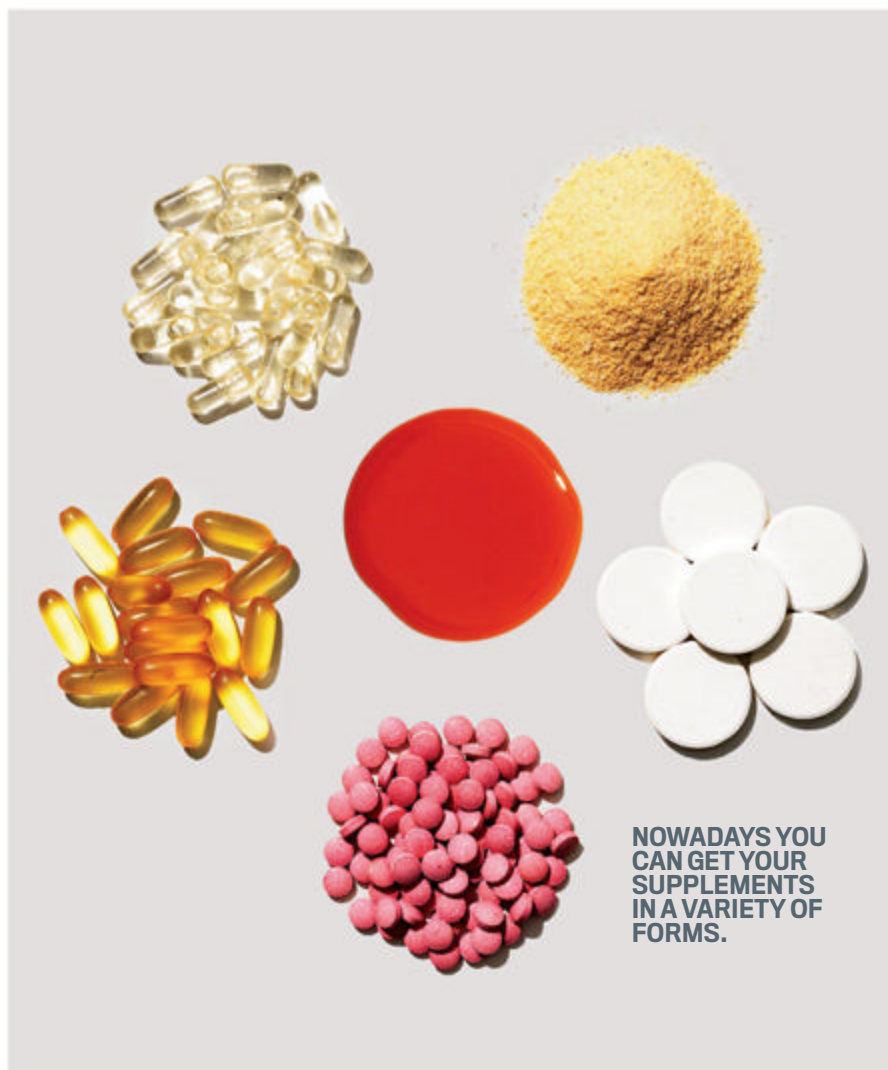
Supplements come in all shapes and sizes. Choose the delivery systems that work for you.

By Joy Ronson

■ No matter what fitness goal you're aiming for, there's a supplement out there designed to help you achieve it faster. Want more muscle? Try a protein shake. Interested in boosting your heart health? Pop a fish-oil softgel.

But what if you're tired of the same old shakes, pills, and potions and want to try something a little different?

Now you can get your protein fix from beverages that taste like soda and chew your pre-workout booster like candy. And if shakes are your thing, there are even great ones with multivitamins included. These are our favorite supplements that utilize unconventional delivery systems.



**NOWADAYS YOU CAN GET YOUR SUPPLEMENTS IN A VARIETY OF FORMS.**



## CAPSULES

■ Think of the shelf space you'd save if you could cram a tub of protein powder into a pill. That's what MuscleTech aimed to do with Clear Muscle, a concentrated form of HMB (a metabolite of the amino acid leucine) called BetaTOR. The caps pack the same amount of BetaTOR as 200g of whey protein powder; subjects gained 16 pounds of muscle in 12 weeks using it.



## CHEWS

■ Supplements aren't medicine, but they're not candy either. That doesn't mean they can't taste like it, though. If you'd rather nosh on your pre-workout supp than drink or swallow it whole, try Optimum Nutrition's Amino.O. Energy Chewables. It's not as convenient as a powder—a serving is three chews—but the punch flavor tasted good to us.



## SOFTGELS

■ Do you like the benefits of fish oil but can't stand burping up a pier at low tide? Nordic Naturals Ultimate Omega lets you swallow your fish oil in a mellow lemon-flavored softgel so you barely notice it going down (or coming back up). Third-party tested for purity, Nordic Naturals is one of the most trusted fish oils on the market.



## LOZENGES

■ Remember when you were a kid and craved cough drops long after you were sick? Now you have an excuse to suck 'em again. GNC makes lozenges that provide 1,000mcg of vitamin B12, which is essential for energy production—no horse pills required. And, unlike those children's cough drops, these suckers are sugar free—but still come in cherry flavor.



## GELS

■ If you're tired of cleaning out shaker cups and hate the taste of bars, MuscleGel from MusclePharm supplies 22g of protein in a gel shot, similar to what marathon runners use to fuel up on the road. Gels pack easily into a gym bag or pocket; they also come in more flavor varieties than powders. (Try finding key lime or tropical mango in a tub.)



## POWDERS

■ Multivitamins nearly always come as pills, but Gaspari Nutrition's Anavite now serves them up in a tasty orange-flavored powder. Anavite also includes 1.6g of beta-alanine, an amino acid shown to give you the ability to train harder and longer, and carnitine tartrate, which may enhance hormones that promote muscle growth.



## ***Raising The Bar***

Tired of the same old waxy, hard-to-chew protein bars that are high in calories and loaded with fillers? Yeah, we are too! Leave your gut-busting protein bars behind and add some FUNN to your diet! This low calorie, high protein, high fiber snack packs 15 grams of protein in each bar. Funnbars are individually wrapped making them easy to share (or not!). Gluten free and sugar free, these bite sized candy chews have raised the bar in convenience and taste, making it an awesome way to get your protein!

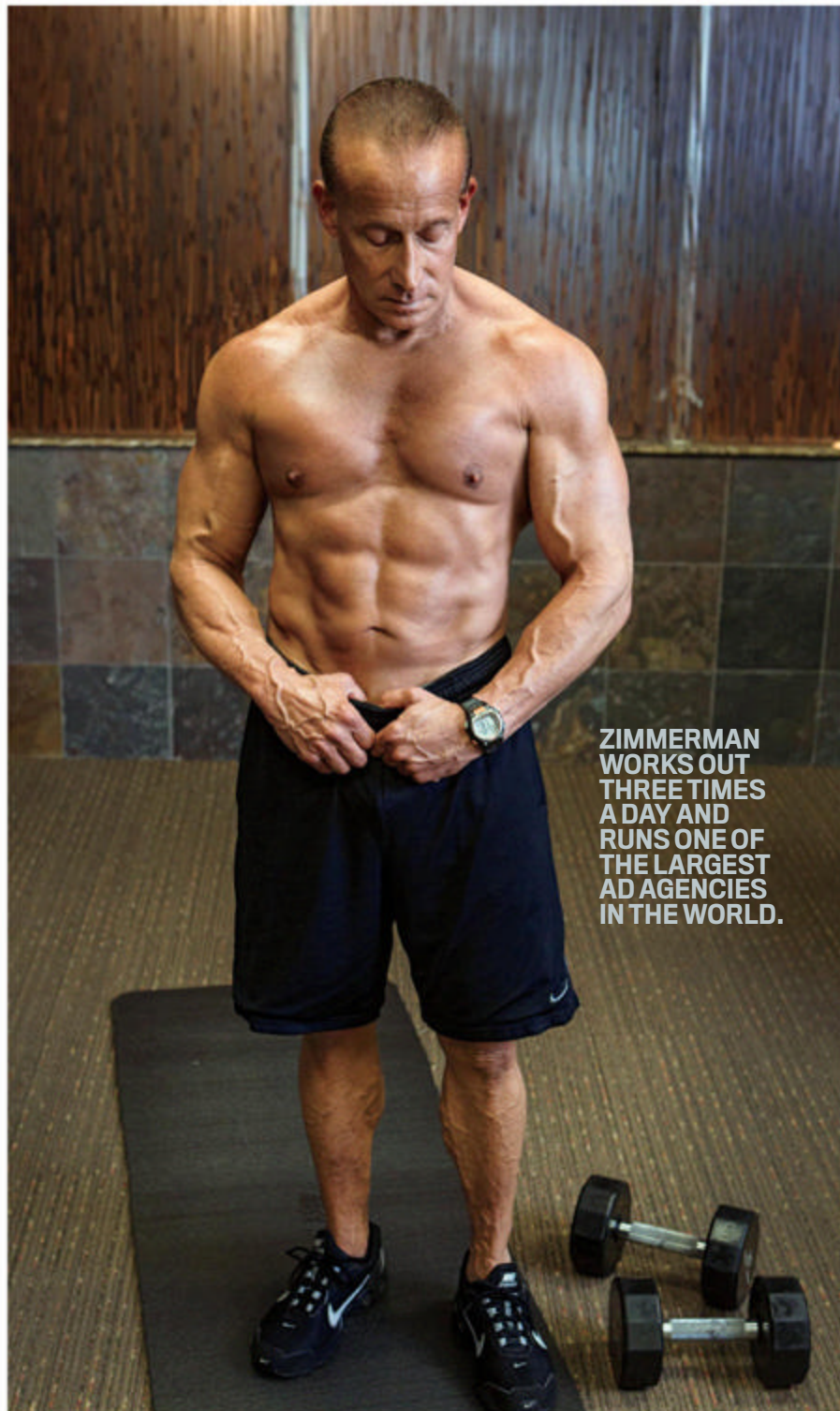
***the new way to eat your **protein!*****



For more funn go to: [funnbar.com](http://funnbar.com)

# Muscle magnate

Jordan Zimmerman, the force behind some of the most famous ad campaigns in history, may be one of the fittest biz leaders on the planet **By Sean Hyson**



**ZIMMERMAN WORKS OUT THREE TIMES A DAY AND RUNS ONE OF THE LARGEST AD AGENCIES IN THE WORLD.**

**I**f you've been alive at any point in the past 30 years, you've seen Jordan Zimmerman's work. An advertising and marketing innovator, Zimmerman has played a role in a number of internationally recognized promotions, from assisting with the "Just Say No" anti-drug program of the 1980s to activating the "Better Ingredients. Better Pizza." campaign for Papa John's, which dethroned Gatorade in 2013 as the top brand associated with the NFL. But as much as Zimmerman puts into his career, he puts more into his health. He's a force to be reckoned with—and the force behind him is fitness.

Zimmerman found both his passions, branding and fitness, early on. Growing up in working-class Middlesex County, NJ, he felt surrounded by people who "never found their true passion in life—they were just going through the motions," he says. But Zimmerman hungered to be different. A bright student and a serious athlete, he knew by age 12 that he wanted to be in the ad game—and recognized how working out could help make that possible. "I realized that the fitter I was, the better I was, and the more energy I had," he says.

While pursuing his degrees at the University of South Florida, Zimmerman started his own weight-training club and competed in bodybuilding, even winning a Mr. Florida title. It was at the school where he had a life-changing argument with one of his professors.

"He was teaching us about the purchase funnel, how people buy things—the process from awareness to profitability," Zimmerman recalls. Conventional thinking among marketers is that greater awareness leads to greater sales, but Zimmerman—not yet 25—dared to suggest that the notion was backward. Instead of measuring success by how recognizable an ad campaign is, "I said they should be measuring what the revenue was when they got there and what its trajectory was." It's the difference, he says, between being aware of a company like Ford and actually wanting to buy a Ford.

Applying this logic in the real world, Zimmerman grew his startup agency into one of the biggest in the world. Today, Zimmerman Advertising—of which he's chairman of the board—has, according to leading ad journals, billings in excess of three billion dollars and a client list that's included Nissan, Party City, Hhgregg, and ADT. And though Zimmerman's wealth has grown and his time has dwindled, he still prioritizes the gym like it's a client.

Grooming by Sarah Leddick/Zenobia Agency. Shot on location at Lifetime Athletic Boca Raton

## VIN DIESEL CALLS THE SHOTS

(continued from page 79)

Zimmerman trains three—yes, three—times a day, beginning each morning at 3 a.m. In his home gym, he immediately does pushups on a Bosu ball, working up to about 600 total reps. He then does an hour of cardio on a Cybex Arc Trainer, which is easy on his knees. From there, he travels to a gym near his house for another session—a weight circuit for two body parts, and core work. By 6 a.m. he's home for breakfast with his wife and kids. He then works a full day at his office in Fort Lauderdale, and, no matter what, does more pushups and another session of cardio at home at night. Zimmerman is 59 years old and 180 pounds, with body fat hovering around 6%.

"I get up in the middle of the night to work out so I won't take time away from my family," he says. It's a grueling regimen, but it suits a type A personality like his. And, he adds, he can't afford to be any less than at his best.

"I've built this empire and I've got all these people depending on me. Anyone who doesn't use that as fuel isn't doing what's best for those people."

See you in the gym at 3 a.m.



### Zim-metry in Motion

Get-lean tips for workaholics

#### Get up earlier

■ Zimmerman hits his first workout shortly after 3 a.m. You don't have to be up quite so early, but scheduling workouts when most people are asleep can be the best time to do them uninterrupted. "At that time of day, the world is yours," he says.

#### Prioritize your health

■ "If you don't, you're cheating yourself, and cheating your family," says Zimmerman, who recommends starting with basics like walking and pushups. "Check your body fat and weight when you start. The gains you see over time will inspire you."

#### Go light

■ If you're over 40, there's no need to push heavy weights to build muscle. "You get just as much from lighter weights and higher reps and super-setting [two exercises done back to back without rest]."

nominations. "It was a big thing driving me initially—we'd all like that kind of recognition. But obviously, as the years go by and I see Oscars go to things that I might not agree with, it changes. And I have kids now, so it's not about me."

In fact, it was his 3-year-old son, Vincent, who convinced him to voice Groot. Diesel had brought home a book of concept art with all the *Guardians of the Galaxy* characters in it and shown it to his son, fully expecting to be told he should be Drax or Star-Lord. And then the kid points to Groot. "I'm like, 'Come on, let's be real. I'm not a tree!'" But the kid was right, and Diesel was introduced into yet another mega-franchise. (There's an *XXX* reboot in the works as well—which makes four, if you're counting.)

But Diesel also has a Brando-esque potential that isn't always visible beneath welding goggles, which he dons in the *Riddick* movies, or behind the wheel of a *Fast & Furious* Dodge Charger R/T. If you've seen him in *Find Me Guilty*, for which he put on 40 pounds to play a gangster defending himself in court, that talent is more than apparent.

"It was Sidney Lumet who made me feel not bad about doing action movies," he explains. "He said, 'There will always be a prejudice against them, like a prejudice against beautiful women, and that's OK. But if the studio is willing to give us any amount of money—hey, take the money when it's there.'" To which Diesel adds, "And take the movies when you get them." Ironically, he says, this whole conversation took place while Lumet was talking Diesel into waiving his million-dollar fee for doing *Find Me Guilty* so Lumet could shoot in New York instead of Toronto. "I walked out of that meeting and was like, 'OK, what the fuck just happened?'"

Diesel now admits that Lumet made him millions more by convincing him to return to *Fast & Furious*, which he'd left after the first film and which was floundering after its third installment, *Tokyo Drift*. "They were talking straight to DVD at that point," Diesel says. "It was only branding—it wasn't organic." At first he couldn't bring himself to reprise the role of blue-collar superhero Dominic Toretto, the guy every grease monkey who's ever wanted to drive a Mitsubishi Evolution can relate to. (If the *Fast & Furious* cast took on *Ocean's Eleven*, Dom would be the anti-George Clooney, buff in a T-shirt and jeans but every bit as suave.)

Diesel decided to return to the series, but only if he could produce the next film and had final approval of the script. "I mean, I'm producing the fuck out of the thing. Up all night with pages, clearing everything." He's still producing them, which is anything but

easy. And then, in the case of the most recent installment, he suddenly had to figure out how to complete the project after, heartbreakingly for Diesel, one of its stars, Paul Walker, whom he considered a "soul mate," died halfway through filming.

But once Diesel's actually on set, the easy part kicks in. "The hard work is done at that point," he says, though he insists he still trains like hell for each fight scene—especially when he's taking on Dwayne Johnson, whom he brought into the series with *Fast 5* and who outweighs him by a good 60 pounds. "I used to do fight scenes with people and they'd end up in the hospital by accident, and here was a guy who made a living off fight choreography. The sky was the limit—we could push it so fucking hard." The resulting fight scenes—and even noncombat stare-offs—have made for some of the best bald-on-bald action since Tyson fought Holyfield.

And he'd like to keep it that way. Filming may be done, but he's still in the gym every day, practicing jiu-jitsu, doing strength training, or working out in his own home CrossFit box. Though moderation rules: "If anything, I want to make sure I don't look too built. I'm 220 right now; I don't want to get bigger."

Lucky for him, it's his movies that keep getting bigger, with *Furious 7* promising to be the most over-the-top installment of a franchise that, frankly, didn't seem to have any more top to get over.

"You have to get over your own 'Come on!'" Diesel says of *Furious*. "That's the trick: putting as much integrity as you can into it but also accepting what it's become. That's what *Fast & Furious* is, a superhero movie without capes—a proletarian superhero movie." The scruffy group of L.A. motorheads who drag-raced for pink slips in the first film have evolved into a gang of international terrorists who are airlifted, along with their tuned-up supercars, into whichever exotic locale is offering the best financial incentives for film production. "After *Furious 7*, all you're going to want to see is Dominic Toretto and [Iron Man] Tony Stark having a conversation. Period," Diesel says, laughing.

He's headed back inside to finish his overdubs when the sunny California day is interrupted by a sudden torrential downpour. He lifts up his sunglasses and takes a seat on a covered stairway.

"I'm not going anywhere in this." He points to the rain, which has sent everyone scurrying for cover, clearing the studio back lot in seconds. "I told you! In California, you need a rain garden!"

Just goes to show: Vin Diesel always gets what he wants. ■

if you happened to be a person, you were combating the car seemingly at every turn. We weren't designing the streets for pedestrians; we were designing them to see how fast we could get cars through the area." More than 100,000 homes didn't have sidewalks in front of them. The result? Nobody walked anywhere. Or biked. And it was easier to hit up fast-food drive-throughs than seek out healthy local alternatives.

But once Cornett had so abruptly "started the conversation" with his citizens about fitness and obesity, he realized they could change the city's infrastructure to make it easier to walk, be active, and stay healthy. "We never could've changed that built environment unless we'd had the conversation first," he says. He proposed the MAPS 3 sales tax to raise \$777 million for the Boathouse District's whitewater center, a downtown streetcar system, a 70-acre public park, and four senior wellness centers, plus bike-trail and sidewalk construction. Voters passed it in December 2009, and they haven't looked back since.

### They enrolled in the School of Hard Rocks

• • • DESPITE ALL THE SPARKLING HIGH-PROFILE ARCHITECTURE THAT'S FILLING out the Oklahoma City skyline these days, the most inspiring building might just be a cavernous old grain elevator that stands in the shadow of downtown. The 155-foot-tall structure, which dates back to the 1940s, has been repurposed into Rocktown Climbing Gym, one of the most unique climbing gyms in the country.

Inside, a warren of passageways leads from room to room, each of which is housed inside its own grain silo. More than 65 climbing routes wind and traverse their way up the concrete walls as high as 90 feet. One even finishes on the ceiling, 100 vertigo-inducing feet off the deck. The massive building is unheated, save for a couple of heat lamps that serve to thaw out numbing fingers. "We embrace the elements," says operations manager Andrew Chasteen, an ambassador for legendary climbing and apparel brand Patagonia. "You come in here and train for real-life outdoor climbing."

But there's another, perhaps more important, way that Rocktown is training people for real life. The gym supports, and is owned by, a nonprofit, Rocktown Youth Mentoring, whose mission is to cultivate character in disadvantaged kids every day after school through rock climbing and mentoring.

The program's executive director is Steven Charles, a former climbing guide who later worked with troubled kids as a school counselor in poverty-stricken Northeast Oklahoma City. Getting them to talk, he recalls, wasn't easy—until he got them moving. "I'd grab a basketball and we'd shoot hoops together, and it's amazing how much they'd start to open up when they were physically doing something," he says. "Getting their hands and feet involved certainly helped."

Rocktown brings in roughly 90 youths from all variety of broken situations—homeless children, last-chance delinquents, straight-up poor kids—over the course of a week for one-on-one mentoring. The kids climb, talk about character education, and eat a healthy meal. "We also talk with them about what we're feeding them, how it was prepared, and why we're eating it," Charles says. The idea is to teach them that they can eat healthy on a budget and without too much work—an important message for kids who are at the highest risk for childhood obesity, which could dog them into adulthood.

Charles has a few theories about why rock climbing works. Everyone is drawn to adventure, but troubled kids, in particular, are attracted to risk; climbing offers them a safe, healthy place to experience that risk (or perceived risk, anyway). It's a physical workout, sure, but it's also mentally challenging as you put together moves to climb a wall. And, last, you fail—a lot.

"Experiencing failure, and learning how to work through it is, I think, one of the key components to being successful," Charles says. In other words, climbing does for the Rocktown kids what it does for everyone—makes them stronger, teaches them to learn from their mistakes, and shows what they can accomplish with hard work.

For all Rocktown visitors, hard work can also earn them something else: the best full-spectrum view of downtown. Outside of the facility, 16 routes scale the silos' towering outer walls. One of them, "Serpentine," is a mild two-pitch route that takes you to the roof, where—with the wind in your face and blood surging through your veins—you can see just how far Oklahoma City has come since the mid-1990s.

"None of these buildings were here," Chasteen says, and starts pointing at the skyline. "Sonic wasn't there, Hilton wasn't there, Harkins [Theatres] wasn't there, the baseball park wasn't there. Bricktown was empty, save for U-Haul—it's where you went to get mugged. The Devon Tower wasn't there, Chesapeake Arena wasn't there."

But Rocktown is still here, and, thanks to a 12,800-square-foot Technicolor mural by local artist Rick Sinnett, it shines like a beacon from its gray industrial surroundings.

The truth is, Oklahoma City still has a ways to go. Only a third of its residents are at a healthy weight. Nearly that many don't get any regular exercise—none. And, according to our sources, it could still be more walkable and more bikeable. But it's making strides.

### They brought Kevin Durant to town

• • • WHAT OKLAHOMA CITY DOES HAVE GOING FOR IT IS INCREDIBLE MOMENTUM, most of which can be traced back to the MAPS projects. The Oklahoma City Dodgers baseball team draws half a million fans to Bricktown, who then fan out into the neighborhood to dine alfresco at canalside restaurants. The Boathouse District ripples with activity and promises to grow with the whitewater park and additional university boathouses. The area is becoming something of a foodie hub, too, as restaurants sprout up offering locally sourced foods and higher-quality ingredients. The streets are being narrowed, the sidewalks are being widened, and landscaping is going in all over the place. The Civic Center Music Hall brings big-name acts every week. Overlooking it all is the gleaming new 850-foot-tall Devon Tower, and as many as five more high-rise towers are in the works.

And, inside the Chesapeake Energy Arena, the Oklahoma City Thunder is one of the youngest, hottest teams in basketball. Since relocating from Seattle in 2008, the team has advanced to the conference finals three times and the NBA Finals once, led by the efforts of league MVP Kevin Durant. The fans absolutely love them, selling out every home game since February 2011. There's more to the love than just wins, too. The Thunder play like a team on the court and, more important, out in the city. They lead the league in community-service hours and donate their time and money to health and fitness initiatives around the state. Durant even gave \$1 million to the Red Cross in 2013 to help with disaster relief after an EF5 tornado ripped through nearby Moore, OK. Then he roped the Thunder, the NBA, and Nike into doing the same.

All together, the Chamber of Commerce traces more than \$5.3 billion in private investment, including the Thunder, to the MAPS projects. They've changed the city's image, causing young people to stick around and, more important, attracting new people from progressive coastal cities (and their Texas rival, Austin) and, with them, big employers.

"What we discovered 20 years ago was that economic development was about quality of place," Cornett says. "People live where they want to live, and the jobs go there. We figured out that quality of life mattered more than incentives, and this city has been nonstop ever since." ■

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## YOU'RE NOT BORN TO RUN

(continued from page 99)

forward. And finally, he pulls the supporting leg off the floor. Every runner makes these three motions. Some do them efficiently, but most don't. There's an ocean between the two extremes, says Romanov.

To land on the efficient side of the spectrum, Romanov advises maintaining perfect posture that keeps the shoulders, hips, and ankles in alignment. Runners should then free-fall forward by moving their hips over the balls of their feet. The knees should always be bent, and the body weight should always be on the balls of the feet, which ideally are pointed straight forward. As soon as you fall, you pick up your support leg. Don't fixate on landing, he says. Instead, focus your mind on pulling up your support leg.

Sound easy? Think again.

Imagine learning to shoot a basketball or swing a golf club for the first time. To learn correctly, you need to be trained for muscle memory: The coach prods you to loosen up your back: "Stand up straight! Push your butt out a little more! Look forward! Elbows in!" Chances are you've been nudged with this kind of teaching before, and all of a sudden—whether it's a free throw or a 300-yard drive—you're suddenly in a groove and everything feels great. When you walk away, you realize that you probably can't repeat what you just did, and you don't understand why everything started clicking in the first place.

At La Palestra, I experience this firsthand. Manocchia asks me to stand in place and jump. I start bouncing up and down. Again, from the look on his face, it's clear that I'm doing something wrong. He claims my feet and ankles are traveling like a suspension bridge in an earthquake. He walks me over to the wall and instructs me to put one hand against the wall and brace the rest of my body. He pulls my index finger back and lets it go. It snaps back against the wall like a rubber band. "That's what your ligaments and tendons are built to do," he says. "They work like a spring when you let them do their job."

Manocchia then puts me through a series of jumps. He tells me to settle down my knees and ankles and to stop tensing my torso. Instantly my cadence spikes, nearly doubling. More important, the motion feels effortless. Finally, Manocchia coaches me through the transition from jumping in place to running. "Just fall forward," he says, as I start a slow jog. "Focus on pulling your supporting leg up." In just a few minutes my form feels transformed. I'm using less muscle, my cadence is incredibly rapid, and the running feels effortless. I can't exactly pinpoint what it is I'm doing right, but it feels more like gliding than the lumbering I usually force myself through on runs. My head stays level, which Manocchia tells me is a good thing.

"Imagine what we could do with you over the course of months or years," says Manocchia, who notes that speed isn't determined by strength and dexterity, but how fast we allow ourselves to fall forward. Once you feel that load distributed evenly across the joints as nature intended, it's easy to understand why a handful of major European insurance companies now accept Pose clinics as preventive medicine.

"Pose was developed because of necessity," Romanov says. "Good driving skills will save your life, and the same is true of running. Moving correctly is the base of a healthy life. It means your joints, tendons, ligaments, muscles, and insides are moving the way they should be."

To paraphrase Aristotle: Movement is life, and life is movement. ■

## WHERE TO BUY

### FITNESS ON THE GO

PAGE 6: Calvin Klein Underwear Cotton Classic Ribbed tank top, \$39.50 for 3, [calvinklein.com](http://calvinklein.com); Asics Essentials sweatpants, \$50, [asics.com](http://asics.com); Nike Free 5.0 Flash sneakers, \$115, [nike.com](http://nike.com).

### TIME FOR THE GYM

PAGE 10: Fitbit Charge HR wristband, \$149.95, [fitbit.com](http://fitbit.com).

### POSSE RUN!

PAGE 16: Adidas Springblade Drive 2.0 sneakers, \$180, [adidas.com](http://adidas.com); Supernova Long tights, \$70, [adidas.com](http://adidas.com).

### WEAR BUFFALO, SAVE TREES

PAGE 20: Woodzee Dakota Water Buffalo Horn/Zebra Wood sunglasses, \$125, [woodzee.com](http://woodzee.com).

### SWITCH TO SOLE POWER

PAGE 29: Adidas Ultra Boost sneakers, \$180, [adidas.com](http://adidas.com).

### PAGE 30: Hoka One One

Challenger ATR sneakers, \$130, [hokaoneone.com](http://hokaoneone.com); Nike Lunar Tempo sneakers, \$110, [nike.com](http://nike.com); Altra Provision 2 sneakers, \$120, [altrarunning.com](http://altrarunning.com).

PAGE 32: New Balance Fresh Foam Zante sneakers, \$99.99, [newbalance.com](http://newbalance.com); Brooks Transcend 2 sneakers, \$170, [brooksrunning.com](http://brooksrunning.com); Reebok Zpump Fusion sneakers, \$110, [finishline.com](http://finishline.com).

### CLIMB OVER PLATEAUS

PAGE 34: Alternative Apparel Perfect Pima tank top, \$40, [alternativeapparel.com](http://alternativeapparel.com); Aether Apparel Knit shorts, \$70, [aetherapparel.com](http://aetherapparel.com); Nike Metcon 1 sneakers, \$120, [nike.com](http://nike.com); New Balance LifeTRN heart monitor, \$79.99, [newbalance.com](http://newbalance.com); VersaClimber SM Sport Model, \$4,695, [versaclimber.com](http://versaclimber.com).

PAGE 36: Calvin Klein Underwear Cotton Classic Ribbed tank top, \$39.50 for 3, [calvinklein.com](http://calvinklein.com); Asics Essentials sweatpants, \$50, [asics.com](http://asics.com); Nike Free 5.0 Flash sneakers, \$115, [nike.com](http://nike.com).

### CUT TO THE CHASE

PAGE 44: Michael Kors Cotton T-shirt, \$125, available at

Michael Kors, 520 Broadway, NYC; Michael Kors Grandstand Gunmetal-Tone watch, \$275, [michaelkors.com](http://michaelkors.com).

### POLISH YOUR GAME

PAGE 70: Paul Drish Giles Monkstrap shoes, \$295, [pauldrish.com](http://pauldrish.com); Jack Erwin Hubert Long Wing Blucher shoe, \$195, [jackerwin.com](http://jackerwin.com); Thursday Boot Company President boots, \$199, [thursdayboots.com](http://thursdayboots.com).

PAGE 72: Jack Erwin Carter Wingtip Combat boots, \$220, [jackerwin.com](http://jackerwin.com).

### YOU'RE NOT BORN TO RUN

PAGE 95: Brooks Infiniti 3 Inch Split shorts, \$55, [brooksrunning.com](http://brooksrunning.com); Suunto Ambit3 Sport watch, \$400/\$450, [suunto.com](http://suunto.com).

PAGES 97, 99: New Balance Impact 5 Inch Track shorts, \$39.99, [newbalance.com](http://newbalance.com); Suunto Ambit3 Sport watch, \$400/\$450, [suunto.com](http://suunto.com); Adidas Ultra Boost sneakers, \$180, [adidas.com](http://adidas.com).

### BLUE. PERIOD.

PAGE 100: Denim & Supply Ralph Lauren Slim-Fit Artisan jeans, \$198, [denimandsupply.com](http://denimandsupply.com).

PAGE 101: Gap Icon Denim shirt, \$59.95, [gap.com](http://gap.com); Van Heusen Knit tie, \$40, [macys.com](http://macys.com); AG Jeans Deep Horizon cardigan, \$278, available at the AG Jeans Soho store, NYC and [ageans.com](http://ageans.com); Eddie Bauer Voyager II Travel blazer, \$149, available at Eddie Bauer stores and [eddiebauer.com](http://eddiebauer.com); PRPS Goods & Co. Distressed Enzyme-Stone Wash Rip & Repair jeans, \$300, [prpsjeans.com](http://prpsjeans.com); Florsheim Rocket Plain Ox, \$120, [florsheim.com](http://florsheim.com); Timex Originals T2P506 watch, \$85, [timex.com](http://timex.com); Will Leather Goods Jacques portfolio, \$695, [willleathergoods.com](http://willleathergoods.com).

PAGE 102: Buffalo David Bitton Fred-X BM16506 Fleece jeans, \$99, [buffalojeans.com](http://buffalojeans.com).

PAGE 103: Tommy Hilfiger Shawl cardigan, \$169, available at Tommy Hilfiger, NYC, (212) 223-1824; Lucky Brand Denim Popover Indigo hoodie, \$79.50, [luckybrand.com](http://luckybrand.com); Express

Denim Jogger pants, \$98, available at Express Stores and [express.com](http://express.com); Mark Nason Skechers Barnsley boots, \$125, [skechers.com](http://skechers.com); Casio FT500WC-5BV watch, \$29.95, available at Walmart, Target, and Kohl's stores; Cole Haan Henderson duffel, \$698, available at Cole Haan stores and [colean.com](http://colean.com).

PAGE 104: Lucky Brand 363 Vintage Straight jeans, \$129, [luckybrand.com](http://luckybrand.com).

PAGE 105: Vince Camuto V-Neck Short Sleeve T-shirt, \$55, [vincecamuto.com](http://vincecamuto.com); DL1961 Nick the Classic Slim jeans in Woodhall, \$168, [dl1961.com](http://dl1961.com); Calvin Klein White Label Premium Perforated Detail Leather jacket, \$598, [calvinklein.com](http://calvinklein.com); Kenneth Cole New York Wheels Up Leather KM62223LE boots, \$198, [kennethcole.com](http://kennethcole.com); Victorinox Chrono Classic 24149 watch, \$550, [swissarmy.com](http://swissarmy.com); Coach Hudson Slim brief in Pebble Leather, \$450, available at Coach Men's stores and [coach.com](http://coach.com).

### ASK MEN'S FITNESS

PAGE 107: Calvin Klein Underwear Cotton Classic Ribbed tank top, \$39.50 for 3, [calvinklein.com](http://calvinklein.com); Reebok That's the One Series Woven Trackster pants, \$55, [reebok.com](http://reebok.com); Nike Flyknit Lunar sneakers, \$150, [nike.com](http://nike.com).

### DIESEL ARMS

PAGES 114-115: Alo Yoga tank top, \$32, [aloyoga.com](http://aloyoga.com); Sleepy Jones sweat shorts, \$98, [sleepyones.com](http://sleepyones.com); Asics GEL Intensity-3 sneakers, \$110, [asics.com](http://asics.com); Jawbone UP24 fitness band, \$149, [jawbone.com](http://jawbone.com).

### SURPRISE BODY-BOOSTERS

PAGES 118, 120, 122, 124: All products available at [williams-sonoma.com](http://williams-sonoma.com).

### A SIX-PACK IN SIX WEEKS

PAGE 126: H&M Sports vest, \$24.95, [hm.com](http://hm.com); Puma Training pants, \$45, available at the Puma Store; New Balance Fresh Foam Zante sneakers, \$99.99, [newbalance.com](http://newbalance.com).

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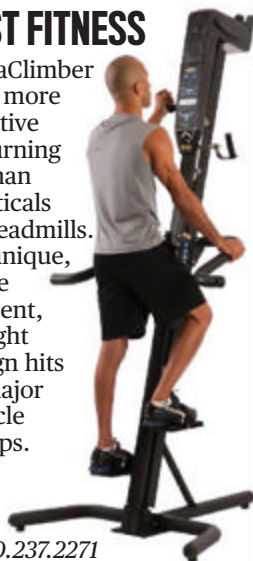
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## Spring fling

Boston, baseball, and April Fools' in 140 characters or less

Things we could all use more of in our lives: the frog stretch, scallions, pencils.	April 28	2:42 p.m.
Only 8 months till Christmas! Only 9 days till mall decorations go up!	April 25	1:01 p.m.
To tweet or not to tweet that today is Shakespeare's birthday? That is the question.	April 23	8:19 a.m.
For #EarthDay, I recycled a tweet from 2012.	April 22	12:12 p.m.
I am proud of neither what I've done nor what I'm doing: mint chocolate chip gum.	April 22	11:44 a.m.
To honor Jack Nicholson's birthday, should one handle the truth or dance with the devil in the pale moonlight?	April 22	9:00 a.m.
When doing mountain climbers, TUCK IN YO DAMN SHIRT.	April 21	7:30 p.m.
Happy birthday to @carmenelectra. #DoNotMakeARedBathingSuitRemark #DoNotMakeARedBathingSuitRemark #OrOneAboutDennisRodman	April 20	10:40 a.m.
Can't avoid Heartbreak Hill today, #BostonMarathon. To avoid heartbreak all the other days: Listen more, buy flowers, do the damn dishes.	April 20	8:55 a.m.
Muscle name that sounds like it could be a @Disney villain: Gastrocnemius.	April 17	10:09 p.m.
Tax-day cardio-machine circuit: 10:40 run, 10:40 row, 10:40 stairclimber, 10:40 bike.	April 15	7:12 p.m.
Can my gut be an itemized deduction?	April 15	9:29 a.m.
The take-it-outside workout: Buy 50-lb sandbag. Use for squats, presses, lunges, bentover rows.	April 13	12:58 p.m.
How life is like baseball: You're more valuable if you can hit a curveball.	April 12	11:12 p.m.
How life is not like baseball: Repeated crotch-grabbing not acceptable in public.	April 12	11:11 p.m.
Phil Dunphy of @ModernFam: best TV dad of all time? (Note: This is not a blatant reference just to show a photo of @SofiaVergara)	April 8	9:07 p.m.
Ginger, garlic, beef. #ThreeWordRecipes	April 8	6:05 p.m.
Vodka, tonic, lime. #ThreeWordRecipes	April 8	5:56 p.m.
@oscarmayer If my bologna had a first name, I'd be A-R-R-E-S-T-E-D.	April 8	2:09 p.m.
Power Rankings, Bunnies: 5) Easter 4) Snow 3) Chocolate 2) @hughhefner's 1) Bugs	April 5	11:48 p.m.
Instead of focusing on how your #FinalFour bracket is looking, focus on how to find your one shining moment.	April 4	6:42 p.m.
According to a new study, mashed potatoes create a metabolic effect that burns calories up to 72 hours after consumption.	April 1	9:12 a.m.



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